

Fatigue

Questions from the healthcare provider

How bad is the fatigue?

Mild – Moderate -- Severe

Rating fatigue on a scale from 0 to 10 can be helpful.

Zero means no fatigue, while 10 means the fatigue is so bad it cannot get any worse.

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

Is Does the fatigue feel like overall tiredness, or is it more specifically a weakness of the arms and/or legs?

What words describe it?

- Tired, exhausted?
- Sore, stiff, heavy, or weak muscles?
- Trouble thinking clearly?
- Feeling irritable or impatient?
- Short of breath?

When did it start? How long does it last?

Always there? Off and on? Specific amount of time?

What makes it worse? Certain physical activities, movement, medication, conversations?

What makes it better? Certain positions, relaxation, sleep, food or drink, being active?

Has fatigue been experienced before? If so, when? What happened then?

What are the effects of fatigue?

- What kinds of things are difficult or impossible because of fatigue?
- Has there been a loss of interest or motivation to do things?
- Are there feelings of depression, sadness, or loss of hope?

What medications are being taken for fatigue? When are they taken?

- How long have they been used (days, months)? Are there any side effects?
- Does the medication improve the fatigue?
- Are there any other methods being used to help deal with fatigue (herbal remedies, relaxation techniques)?
- How does the fatigue change with treatment?