

Fatigue diary

St Elizabeth
Hospice

Therapy Team

Being self-aware, realistic and reflective of your own needs is important.

In order to cope with fatigue, you must first be able to **recognise it**. Keeping a diary can be a helpful tool to allow us to recognise our daily activities.

It can give us a snapshot of what your day looks like and the impact this may have on your fatigue, or other symptoms. It's also helpful to identify any possible patterns or triggers that cause your fatigue, as well as relieving factors.

Consider the management strategies (**Prioritising, Planning, Pacing, Positioning, Permission** or the "5 P's") when looking at ways of adjusting your routine to best manage your energy levels.

Advice on how to complete the **fatigue diary**

1. All information is useful. Record all your main daily activities in the diary e.g. rest periods, watching TV, reading, washing/dressing tasks, family time, hospital appointments etc.
 2. Alongside these activities, give your fatigue a score between 0 to 10 using the guidance on the reverse of the leaflet.
- **Make a comment about your sleep** - what was the quality of your sleep? How many hours? Or anything else?
 - **Were there any other relevant factors on that day?** e.g. feeling sad, symptom flare ups such as pain, as these can be contributing factors.
 - It is useful to **complete a baseline diary** before you make any changes to look at your current patterns/routines. You can then work with your Occupational Therapist (OT) to improve your management strategies and can then repeat diaries in future weeks as a planning tool or to review your progress.

For assistance, please call the hospice therapy team via
OneCall on 0800 5670 111



0	No fatigue	Able to do all normal activities without fatigue.
5	Moderate fatigue	Able to do <u>some</u> activities but need short rest time before re-starting activity
10	Extreme fatigue	Unable to complete any activities at all, spends all day asleep or at rest.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7-8am							
8-9am							
9-10am							
10-11am							
11am-12							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							
Sleep (hrs, quality)							
Other							