

CHAPTER SEVEN

CHRONIC FATIGUE

Peter Nolan FRACP

Continuing Medical Education

Chronic fatigue?

- ▣ Fatigue that;
 - Persistent for more than 6 months
 - Is of new or definite onset
 - Is not substantially alleviated by rest
 - Results in substantial reduction in previous levels of occupational, social, educational or personal activities.

Patient specific goal setting

- ▣ Improving activities of daily living.
- ▣ Vocational rehabilitation.
- ▣ Improving strength and mobility.
- ▣ Increasing exercise tolerance.
- ▣ Relieving pain.
- ▣ Management of anxiety and depression.
- ▣ Maintenance of cognitive function.