Fatigue and Weakness Management Algorithm

Hyperlinks indicate additional **Fatique Screen** information available in **Numeric Rating Scale** *quideline sections above:* (0-10 scale)A = AssessmentM = ManagementReversible Causes of Fatigue (A3) **Fatigue Assessment** Anemia History Dehydration · Physical Exam Hypokalemia Labs Hyponatremia · Hypomagnesemia · Hypo/hypercalcemia Assess for and treat persisting Muscle Weakness (A1) Hypothyroidism pain, dyspnea, and nausea Medicationinduced **Localized Weakness** contributing to fatigue · Alcohol/drugabuse Cerebral metastases Infection • Cerebral vascular accident Sleepdisorder Radiculopathy · Obstructive sleep apnea **Generalized Weakness** Assess for other causes of • Chronic fatigue syndrome fatigue and treat, if appropriate Deconditioning • Paraneoplastic syndrome • Reversible causes of fatigue • Depression Polymyalgia Distinguish fatigue from depression Polymyositis Muscle weaknesss See BCGuidelines.ca - Palliative Care Part 2 -• Steroid induced myopathy Depression Management Algorithm • Steroid withdrawal, abrupt **Palliative Care Consult** for refractory symptoms **Non-pharmacological Treatments General measures Education of patient and Stress management** caregivers • Individualized graded Cognitive behavioural exercise program Normalize interventions Nutrition • Energy conservation • Support groups · Assessment by Home Sleep hygiene and Community Care for • Fatigue scale support in home Pharmacological treatments (M1) No Yes Terminal phase of illness? Steroids Methylphenidate OR (may be useful) Dextroamphetamine OR Modafanil (only if fatigue > 6/10)