

Rehab Services



Fatigue Toolbox

Managing your Daily Activity and Energy Levels



A guide for patients and carers

Energy conservation

Energy conservation gives you greater control over how you achieve a balance between rest and activity. It is a coping strategy which allows you to achieve the most while wasting the least amount of energy.

Our Energy Bank Balance

Energy depleters

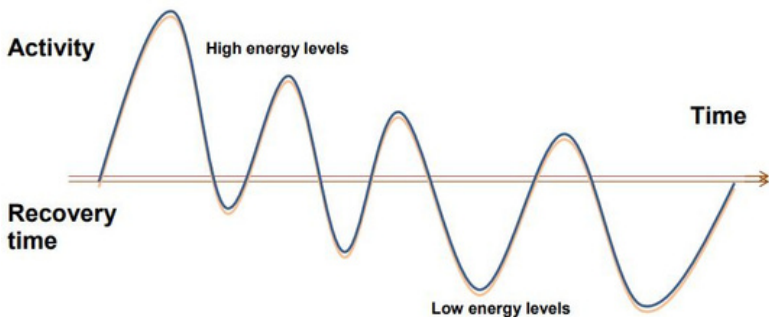
- Daily activities
- Mental tasks
- Concerns and worries
- Illness
- Pain
- Breathlessness
- Have to's

Energy givers

- Sleeping well
- Food and drink
- Achievement
- Enjoyment
- Gentle activity
- Rest and relaxation
- Company



Pattern of Activity



Try to avoid all or nothing. This is often referred to as 'Boom and Bust'. Overdoing it leads the body to requiring more recovery time. What would you like to use your energy on? Try to keep some energy in reserve.

Making the most of your energy - 5P's

- 1.Planning
- 2.Prioritising
- 3.Pacing
- 4.Positioning
- 5.Permission

1. Planning

- Try keeping a fatigue diary.
- Choose the best time of day for each activity.
- Break down larger tasks into smaller ones.
- Don't do all your tiring activities in one go.
- Organise timing to avoid unnecessary trips e.g. up and down stairs.
- Concentrate on one activity at a time.
- Plan in one thing you enjoy and relaxation for each day.



2. Prioritising

- Make a list of tasks for the week/day.
 - Ask...
 - Does it need to be done today?
 - Does it need to be done now? **Delay it.**
 - Does it need to be done by me? **Delegate it.**
 - Does it need to be done at all? **Dump it.**
 - Do I want to do it? **Do it.**



3. Pacing

- Avoid rushing - keep a moderate and sustainable pace.
- Stop and rest before becoming tired.
- Plan rest as part of the day.
- Alternate active and quiet tasks.
- Try half today, and half tomorrow.



4. Posture

- Sit rather than stand.
- Use adapted equipment to save energy.
- Keep frequently used items within easy reach.

5. Permission

- Be kind to yourself.
- Allow for bad days (but don't cram everything into good days).
- Instead of "I must" and "I ought", try "I would like to", "I choose to" or "I'll give it a go".



Some ways to simplify activities to help conserve energy

Breathing

- Co-ordinate breathing, inhale with pulling, exhale with pushing 'blow as you go.'

Personal activities

- Sit to dress and put on two items at a time.
- Reduce bending by crossing one leg over the other to put on trousers, socks and shoes.
- Use non-iron clothes, electric toothbrush, long handled sponges, towelling bathrobes, slip on shoes and velcro closures.

Social activities

- Plan ahead for socialising, chatting with friends and family can be tiring.



Domestic activities

- Organise chores by location to avoid multiple trips..
- Soak washing up and leave to drip dry.
- Lean on shopping trolleys.
- Ensure that your work surface is at the correct height.
- Slide pots and pans rather than lifting.
- Prepare one dish meals e.g. casseroles and freeze portions to use at a later date.
- Use labour saving equipment e.g. a stool used for cooking or ironing can save 24% of energy.
- Organise workspace to minimise reaching and bending.

Please do let us know if you have any tips you have found helpful so we can share with others.

There are lots of aids to help with conserving energy.

Talk with a member of the rehabilitation team if you need help with a particular task. They may recommend equipment to help you conserve energy whilst maintaining your independence.

Fatigue Toolbox at a glance



Increase energy by...

Healthy eating and drinking
Movement and exercise
Good sleep
Relaxation
Complementary therapies
Spiritual support

Manage energy by...

5P's

- Planning
- Prioritising
- Pacing
- Posture
- Permission

4D's

- Dump it
- Delegate it
- Delay it
- Do it



Useful Resources

www.hospice.org.im/energy-conservation

<https://www.cuh.nhs.uk/patient-information/managing-your-energy-levels-leaflet-8/>

Questions?

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