

FATIGUE MANAGEMENT – ADDRESSING LACK OF ENERGY AND DRIVE IN OLDER ADULTS

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Outline



- Fatigue Etiology
- Nonpharmacologic Management
- Providing Goal Concordant Care

Disclosures/Funding

No disclosures

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Fatigue

- Population prevalence rates estimated around 15.3-29.1% in community-dwelling older adults.
- Known to impact normal functioning, physical activity, and social participation.

1. Vestergaard S, Nayfield SG, Patel KV, et al. Fatigue in a representative population of older persons and its association with functional impairment, functional limitation, and disability. *J Gerontol A Biol Sci Med Sci* 2009; 64: 76–82.

2. Soyuer F, Senol V. Fatigue and physical activity levels of 65 and over older people living in rest home. *Int J Gerontol* 2011; 5: 13–6.

Etiology and Assessment

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Infection
 - Vital Signs
 - History
 - Physical Exam
 - Lab work/Imaging

- Metabolic
 - Blood Glucose
 - Metabolic Panel

Etiology and Assessment

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Anemia

- Illness-Related:
 - ▣ Obstructive Sleep Apnea
 - ▣ Cancer
 - ▣ Movement Disorders
 - ▣ Neuromuscular/Myopathic Disorders
 - ▣ Hypothyroidism

Etiology and Assessment

Fatigue Etiology

Non -
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Setting Goals

- Insomnia

- Depression/Cognition
 - Patient Health Questionnaire-9 (PHQ-9) for depression
 - Basic Confusion Assessment Method (BCAM) for delirium
 - Brief Interview for Mental Status (BIMS) for cognitive impairment

Etiology and Assessment

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Polypharmacy
 - ▣ 5+ medications

- Pain Management

Etiology and Assessment

Fatigue Etiology

Non -
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Setting Goals

- Malnutrition/Dehydration
 - Weight Loss
 - Chewing/Swallowing Ability
 - Mobility Considerations
 - Protein Calorie Malnutrition
 - Labs: Basic Metabolic Panel, Vitamin D

Management

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Treat underlying cause if possible

- Environment/Task Modification
 - ▣ Reduce energy expenditure
 - ▣ Lessen burden on caregivers

Management

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Sleep Hygiene
 - Nightly, consistent routine with wind down
 - Unplug electronics, dim lights
 - Limit caffeine and alcohol
 - Reduce outside stimulus
 - Physical activity and daylight exposure
 - Do not lie awake in bed for too long
 - Consider cognitive behavioral therapy for insomnia

Management

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Nutrition
 - ▣ Respecting the patient's will and preferences is the highest priority
 - ▣ Treat underlying causes of malnutrition first
 - ▣ Individualized intake goals and monitoring
 - ▣ Interdisciplinary team

Management

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Exercise
 - ▣ Multicomponent approaches seem to have the highest likelihood for reducing self-reported fatigue:
 - Resistance training
 - Endurance training
 - Balance training

Hilfiker R, Meichtry A, Eicher M, Nilsson Balfe L, Knols RH, Verra ML, Taeymans J. Exercise and other non-pharmaceutical interventions for cancer-related fatigue in patients during or after cancer treatment: a systematic review incorporating an indirect-comparisons meta-analysis. *Br J Sports Med.* 2018 May;52(10):651-658.

Addressing Lack of Drive/Motivation

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Treat underlying causes (e.g. depression)
- Identify what matters most to the patient
- Identify and measure a person-driven outcome

What Matters Most to Patients

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- Consider goal taxonomy:
 - Medical Care
 - Quality of Life: Physical
 - Quality of Life: Social and Emotional
 - Access to Services and Supports
 - Caregiver Needs and Concerns
 - End of Life
 - Independence
 - Acceptable Housing

Set a SMART goal

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- ❑ **Specific:** Narrow the goal
- ❑ **Measurable:** You and the patient will know how to define progress
- ❑ **Attainable/Achievable:** If it is realistic, the patient is more likely to make progress
- ❑ **Relevant:** A goal that matters to the patient is more likely to be successful
- ❑ **Time-Limited:** Setting a timeframe will help you define progress

Learning Objectives

Fatigue Etiology

Non -
Pharmacologic
Management

Setting Goals

- List the etiologic considerations for fatigue in older adults and the work up/assessment of such causes.
- Develop a non-pharmacologic management plan for an older adult with fatigue.
- Evaluate health priorities and align goal concordant care for older adult patients lacking drive or motivation.



Thank you!! Questions?

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