

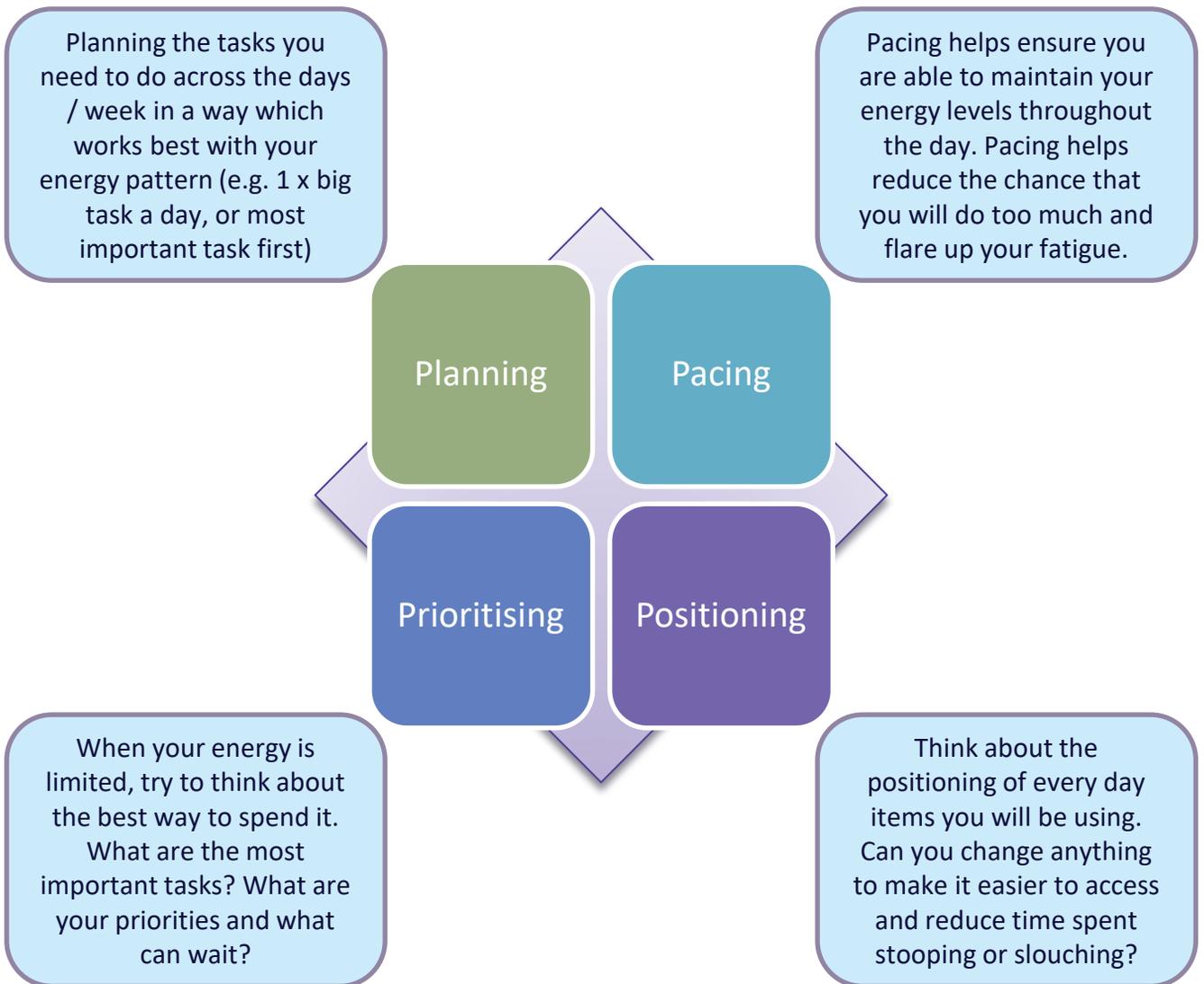
# Long-COVID patient information Managing fatigue

---

November 2021

# Using the 4 P's to manage fatigue

Whilst you are living with fatigue you may wish to consider the 4 P's as a way to conserve energy.



## Top Tips!

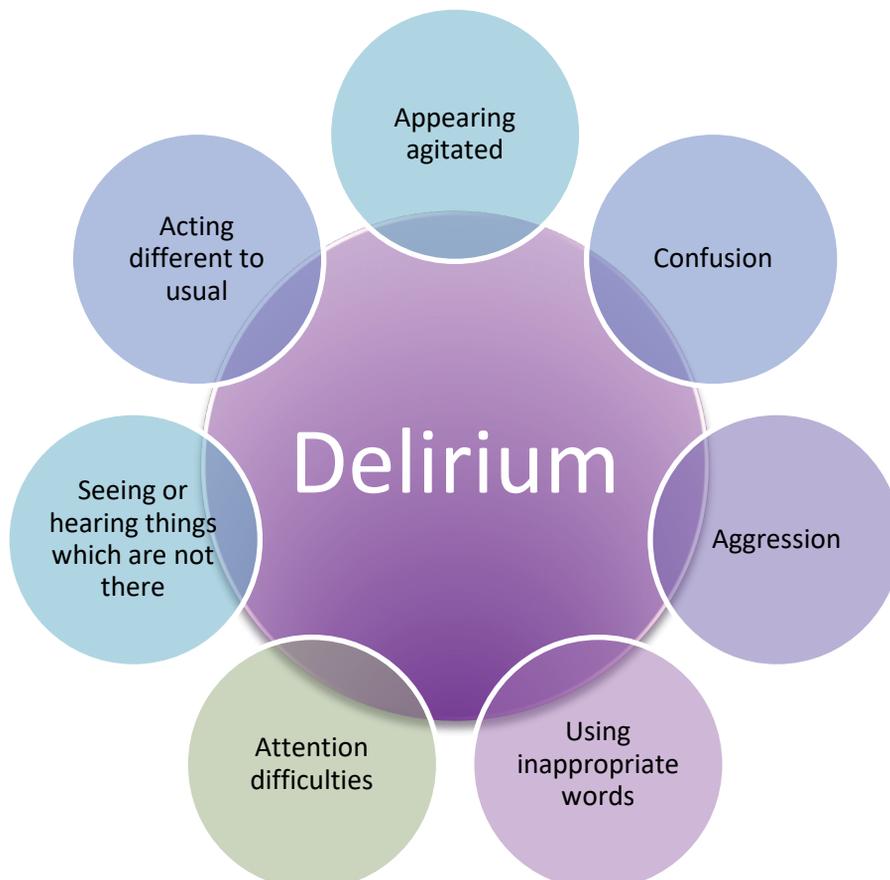
- Leave items you need frequently out in accessible places
- Have duplicate items to limit trips required (e.g. 2<sup>nd</sup> toothbrush at kitchen sink)
- Take regular rests when completing longer tasks
- Ask for help, or delegate tasks.
- If you are doing a task with a TV show playing in the background, stop and rest for the duration of the advert breaks each time they come on

# If you spent time in Intensive Care (ICU)

After a stay in the intensive care unit (ICU) some patients can experience a number of symptoms known as Post Intensive Care Syndrome (PICS).

Symptoms of PICS are:

- Physical weakness. Having a long stay in ICU can affect muscles and nerves throughout the body leading to muscle wasting, nerve (neuropathic) pain and numbness (paraesthesia) in some areas of the body
- Problems with balance and coordination
- Delirium. This occurs in about 80% of ICU patients. It occurs in ALL ages and is caused by changes in the way the brain works. These changes in the brain can be caused by the critical illness, or infection and the medicines used in ICU. It is more likely to occur if you were on a breathing machine whilst in ICU. Delirium usually resolves after you leave ICU.



**Further information on managing the signs and symptoms of long-COVID can be found online at:**

[www.nhsfife.org/long-covid](http://www.nhsfife.org/long-covid) or

[www.nhsinform.scot/longer-term-effects-of-covid-19-long-covid](http://www.nhsinform.scot/longer-term-effects-of-covid-19-long-covid)

Fife Health and Social Care Partnership provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who use BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

fife.EqualityandHumanRights@nhs.scot

or phone 01592 729130