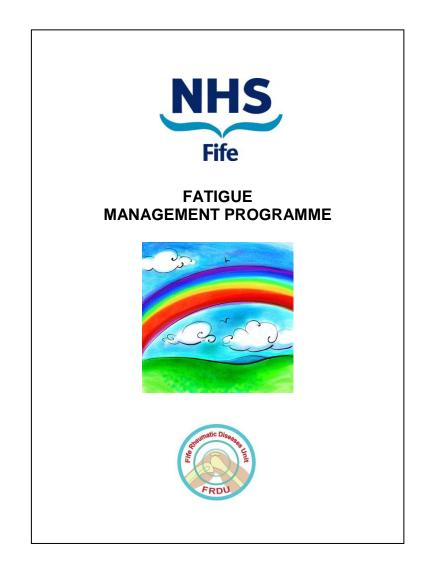
## What next?

If you are invited to the group please confirm your attendance via the reply slip sent to you

## **Contact details:**

Taryn Todd Occupational Therapy Administrator Whyteman's Brae Hospital Tel: 01592 643355 Ext 21374



## FATIGUE MANAGEMENT GROUP

The Fife Rheumatic Diseases Unit offers a Fatigue Management Programme run by Occupational Therapy and Psychology Staff. The programme is offered to people with rheumatic diseases who have moderate to significant fatigue and who want to better manage their condition. Fatigue is a common problem associated with rheumatic diseases such as Rheumatoid Arthritis, Lupus, Ankylosing Spondylitis and Sjorgens Syndrome.

Research has shown that people attending these type of groups report decreased fatigue and that their fatigue has less impact on their lives. It has also been shown to improve coping and well being (1).

The group is interactive and allows you to meet others with fatigue and learn from others' experiences of living with fatigue. Each week there will be practical tasks to practice and you will be asked to complete an activity/fatigue diary.

(1) Hewlett S, Ambler N, Ameilda, C et al. Self-management of fatigue in rheumatoid arthritis: a randomised controlled trial of group cognitive-behavioural therapy Ann Rheum Dis 2011:**70**:1060-1067.

## THE PROGRAMME

If you are not a current patient to the OT service you will be invited to a pre-group appointment. The 6 week programme runs for 2 hours with a break in the middle. Here is an example of the 6 week programme. There will be approximately 6-8 people in the group. There is also a review session 12 weeks after the last session.

Week	Session	Location
1	What is fatigue?	Whyteman's Brae Hospital
	Setting goals	Kirkcaldy.
	Activity Cycle intro	Please report to Reception
	Diary	
	<ul> <li>Relaxation</li> </ul>	
2	Diaries and homework	As above
	• Thoughts, emotions	
	and behaviours	
	Relaxation	
3	Diaries & homework	As above
	Activity cycle	
	Planning Pacing,	
	Prioritising, Postures	
	Relaxation	As above
4	Diaries & homework  Times	As above
	• Time & stress	
	management	
	<ul><li>Sleep</li><li>Relaxation</li></ul>	
5	Assertiveness and	As above
3	communication skills	As above
6	Diaries& Homework	As above
	Keeping active	7.0 0.000
	Coping with set backs	
	Relaxation	
18	Diaries & Homework	As above
	Review of programme	-
	and your progress	
	Relaxation	