

What next?

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

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FATIGUE MANAGEMENT PROGRAMME



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	<ul style="list-style-type: none"> • What is fatigue? • Setting goals • Activity Cycle intro • Diary • Relaxation 	Whyteman's Brae Hospital Kirkcaldy. Please report to Reception
2	<ul style="list-style-type: none"> • Diaries and homework • Thoughts, emotions and behaviours • Relaxation 	As above
3	<ul style="list-style-type: none"> • Diaries & homework • Activity cycle • Planning Pacing, Prioritising, Postures • Relaxation 	As above
4	<ul style="list-style-type: none"> • Diaries & homework • Time & stress management • Sleep • Relaxation 	As above
5	<ul style="list-style-type: none"> • Assertiveness and communication skills 	As above
6	<ul style="list-style-type: none"> • Diaries & Homework • Keeping active • Coping with set backs • Relaxation 	As above
18	<ul style="list-style-type: none"> • Diaries & Homework • Review of programme and your progress • Relaxation 	As above