Fatigue

CARESEARCH®
palliative care knowledge network

Tools and resources on fatigue for use in clinical practice, education and training

Fill in this tool

[Symptom Assessment Scale (SAS) (172kb docx)]

Assess the patient's anxiety around physical symptoms that bother, worry or cause distress

Utilise this tool

[Australia-modified Karnofsky Performance Scale (AKPS) (2.68MB pdf)]

Measure the effects of fatigue using this scale by Abernethy et al. (2005)

Complete this tool

[Brief Fatigue Inventory (68kb pdf)]

An observation scale by M.D. Anderson Cancer Center to measure average, current and worst fatigue symptoms in palliative care patients

Download this tool

[Functional Assessment of Cancer Therapy - General (FACT-G)]

Measure impacts of cancer therapy and their side effects on the quality of life of palliative care patients using this scale by FACIT.org

Fill in this tool

[Fatigue diary and weekly planner (64kb pdf)]

Collaborate with fatigued patients using this diary by Marie Curie (UK) to record symptoms and plan activities that help manage symptoms

Access this resource

[Fatigue in palliative care]

Read information by Marie Curie (UK) covering what fatigue is in palliative care, its causes, assessments and management strategies for common symptoms