

## Managing Fatigue

[www.ndbin.org](http://www.ndbin.org)

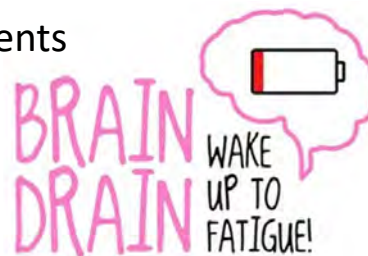
855-866-1884

*Help for Today,  
Hope for Tomorrow.*

1

## Little Understood Issue

- Fatigue is a phenomenon which is not well understood
  - Fatigue is subjective
  - No established methods of measuring it
- AND
- No well-established treatments



2

## Fatigue Common After Brain Injury

---

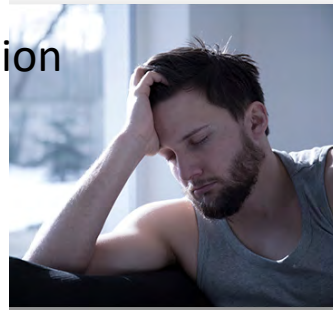
- Studies show as many as 70% of individuals with brain injury complain of fatigue
- Often called the MOST debilitating consequence effect, but it's not always understood

3

## Impact of Fatigue

---

- Persists long term after injury
- Impacts everyday life-work, school, social interactions, and leisure
- Causes decreased energy
- Leads to isolation, depression



4

# What is Fatigue?

“Fatigue is the awareness of a decreased capacity for physical and/or mental activity due to an imbalance in the availability of resources.”



THE ESSENTIAL  
BRAIN INJURY  
GUIDE



**NORTH DAKOTA  
BRAIN INJURY  
NETWORK**  
ndbin.org • 855.866.1884  
Neurocognitive Issues  
Section 4 (Chapters 10, 11 and 22)

tion  
vity.”  
ide

Trainers

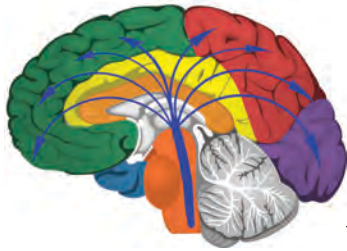
Rebecca Quinn, LMSW, CBIST

Sarah Ring, MS, CCC-SLP, CBIST

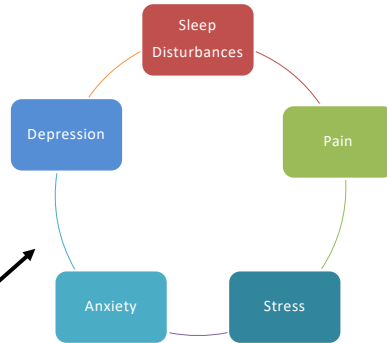
5

# Primary vs Secondary

**Primary Fatigue**  
Directly from injury to parts of the brain controlling arousal, attention, and response



**Secondary Fatigue**  
Factors that exacerbate fatigue such as:



Often a Combination

6

## The Coping Hypothesis

- Fatigue comes from the greater level of effort necessary to meet the demands of everyday life due to cognitive deficits including impaired attention and speed of processing
- Meaning—Injured brains have to work harder

7

## Measures of Fatigue

### The Visual Analogue Scale for Fatigue (VAS-F)

- Assesses fatigue and energy at a single point in time

### The Fatigue Severity Scale (FSS)

- Assesses the impact of fatigue on daily function using 7 point scale

### The Barrow Neurological Institute Fatigue Scale (BNI Fatigue Scale)

- Assesses the difficulty level of energy and alertness

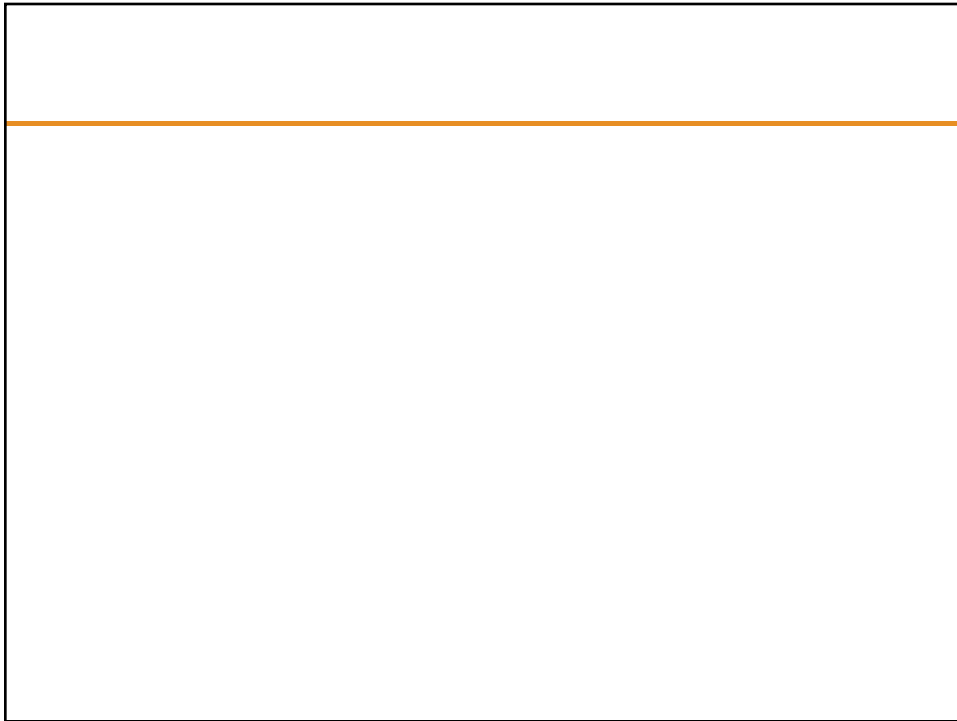
### The Global Fatigue Index (GFI)

- Assesses four domains of fatigue-severity, distress, impact on activity and timing of fatigue

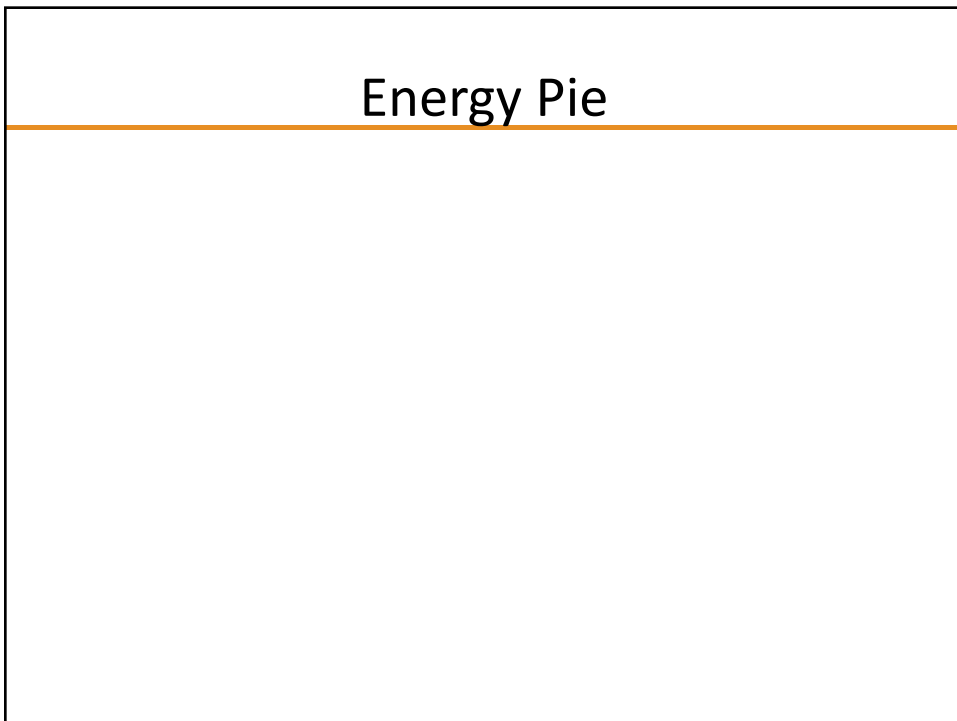
### The Causes of Fatigue Questionnaire (COF)

- Assesses the extent to which physical and mental activities may cause fatigue

8



9



10



**Contact us today!**

855.866.1884

[www.ndbin.org](http://www.ndbin.org)

Funded by:

