

# FATIGUE

## FOR PROFESSIONALS



Fatigue is a continual state of mental tiredness.

Fatigue can occur after physical activity but most commonly after mental activity.

### LOOK FOR:

- Slurred/slowed speech, difficulty finding words, dull tone of voice, short answers
- Poor concentration, balance, coordination
- Shortness of breath
- Slower responses/movement
- Irritability, anxiety, crying episodes
- Increased forgetfulness
- Lack of motivation and interest/loss of appetite/withdrawn



# FATIGUE ACCOMMODATIONS FOR PROFESSIONALS

- Help identify the first signs of fatigue/triggers
- Make contingency plans for appointments
- Organize routines around preferred times of day
- Avoid fluorescent and/or dim lighting
- Discuss medications side effects with prescriber
- Assess for accommodations for daily activities  
(*Occupational Therapist*)
- **Encourage:**
  - use of assistive technology/mechanical aids
  - avoidance of or limitation of alcohol use
  - scheduled rest periods
  - uncluttered home and work environments



CITATIONS

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