



# Fighting Fatigue

Using Energy Management  
Strategies to Live Well with Lupus

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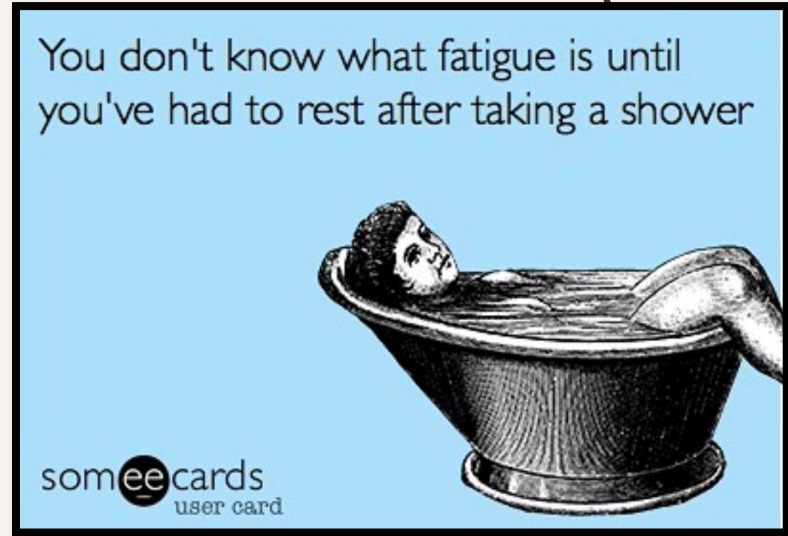
# Occupational Therapy

- An occupation is anything someone does that occupies their time.
- Occupational Therapy services enable people to engage in the activities that are meaningful to them
- Occupational Therapists work in various settings, in physical and mental health and treat clients across the lifespan.



# Fatigue and Lupus

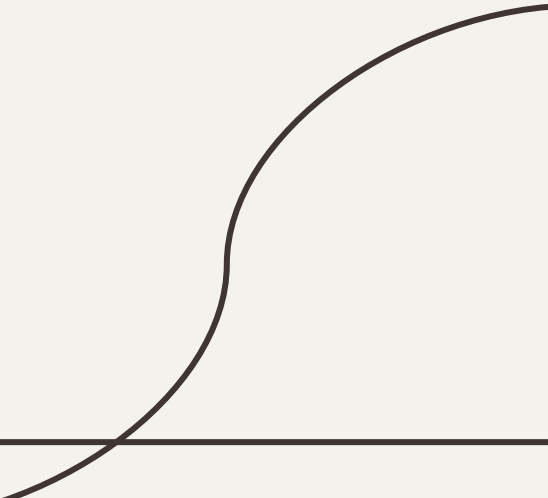
- Up to 90% individuals living with lupus report fatigue to their most difficult symptoms and one that impacts the most on their quality of life (O'Riordan, Doran, & Connolly, 2017)



# Fatigue and Lupus

- Fatigue has a substantial impact on an individual's ability to perform daily self-care activities such as washing and dressing and grooming
- Fatigue impacts meaningful engagement in household responsibilities, parenting roles, work performance, and scholastic achievement. (Robinson et al., 2010)
- Fatigue has a negative impact on individual's participation in social and leisure activities. (Gallop et al., 2012)

# Energy Management

- Effective in addressing pain and fatigue associated with chronic disease (Vanage, Gilbertson & Mathiowetz, 2003).
  - Balance rest and energy
  - Adapt the way you carry out your day-to-day activities
  - The Goal is to Improve Quality of Life
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# The “4 P’s”



## Prioritize

Begin with the most important task



## Pace

Take rest breaks when needed



## Plan

Plan tasks beforehand



## Position

Use good body mechanics

# Planning

- Plan to do tasks at times when you have the most energy
- Set up everything you need to complete an activity before starting
- Alternate “heavy” and “light” tasks
- Ask for help
- Use a schedule to spread out your activities
- Plan to get a good night's rest



# Position (and Posture)

- Sit for tasks when you can
- Minimize bending and reaching
  - Keep frequently used items within reach
  - Optimize your environment
- Maintain an upright posture when sitting and standing.
- Keep your arms close to your body when carrying heavier items



# Prioritize

- Prioritize what needs to be done now, and what can wait to be done at a later time or date.
- When you have more than one thing that needs to be done, start with the task that is the most important so you can be sure it gets done.



# Pacing

- Listen to your body
- Rest often. Rest before you feel tired.
- Maintain a slow and steady pace- don't rush.
- Ask for help



# Spoon Theory

“The difference in being sick and being healthy is having to make choices or to consciously think about things when the rest of the world doesn’t have to. The healthy have the luxury of a life without choices, a gift most people take for granted. Most people start the day with unlimited amount of possibilities, and energy to do whatever they desire, especially young people. For the most part, they do not need to worry about the effects of their actions.”  
(Miserando, 2003)



# Spoon Theory

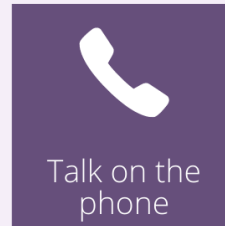
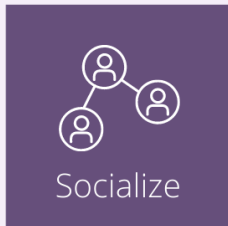
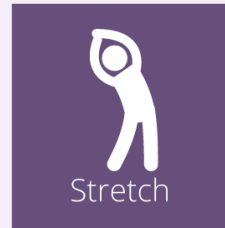
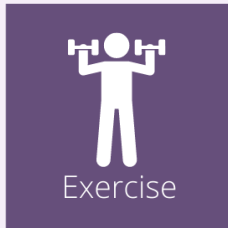
If you only had 12 spoons in a day, how would you spend them?



# Saving Spoons



# Saving Spoons



Always keep a spare



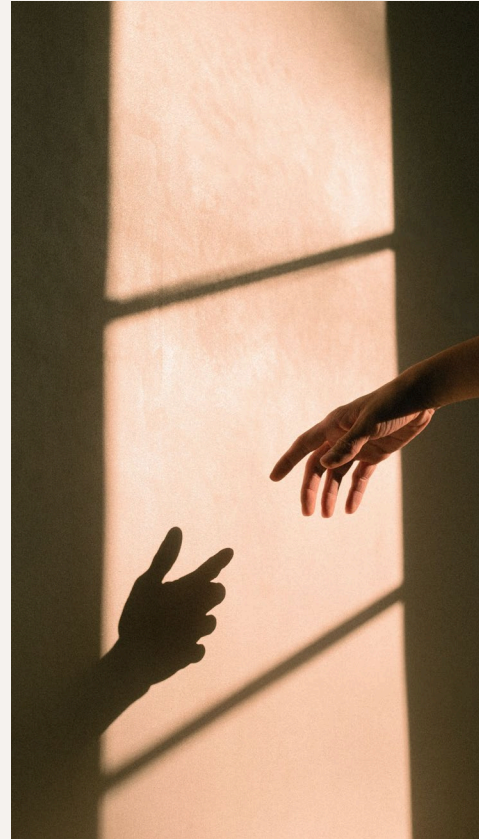
# Living Well with Lupus:

- Plan your day
- Set up your environment
- Take breaks frequently
- Prioritize what is most important

And most importantly...  
Listen to your body



Give yourself the  
grace and space  
to be with your  
body



# Questions?



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