



Fatigue's Impact on OA

by NEWLIFEOUTLOOK TEAM

Your Energy with Osteoarthritis

Frequently, patients will report their osteoarthritis fatigue gets worse with pain, medications, weather, and sleep patterns. Take frequent rests throughout the day. You don't have to sleep but take time away from an activity that's causing you fatigue to rest. Also, try to find someone else to do an activity with, including your spouse, a child, or maybe you and someone you met with osteoarthritis could help each other out once in a while. The big take away is that whenever you start to feel yourself come up to a brick wall, stop doing what you're doing and do something that you find helps to ease your joints.

Tired	Worn-Out
Weak	Heavy
Exhausted	Slow
Wearv	Lethargic

Fatigue is:
Lack of Motivation
Lack of Energy
Wearing Out Easily
Real

- Lack of Passion
- Laziness
- Just Being Tired
- Fake or Imagined

- ✓ Your mood
- ✓ Physical function
- ✓ Work performance
- ✓ Social interaction
- ✓ Family care
- ✓ Cognitive performance
- ✓ School work
- ✓ Community activities
- ✓ Sense of self
- ✓ Your appetite

The **Fatigue Severity Scale (FSS)** is a self-reported questionnaire used to measure your fatigue. It consists of

To score the Fatigue Severity Scale, either **add all items** together (this will range from 7-63) or **find the mean** by adding your items together and dividing by 9 (this will range from 1-9).

In either case, the **higher the number** you calculate is, the **more fatigued** you are.

Resources:

1. Canadian Centre for Occupational Health and Safety
<http://www.ccohs.ca/>
2. National Cancer Institute
<http://www.cancer.gov/>
3. National Library of Medicine
<http://www.ncbi.nlm.nih.gov/>
4. National Parkinson's Foundation
<http://www.parkinson.org/>
5. United States Department of Agriculture