

## What next?

If you are invited to the group please confirm your attendance and availability for the six week programme.

### Contact details:

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*"This programme has helped me hugely in dealing with overwhelming difficulties when I most needed support"*

(Dec 2018)

*"You made what could have been a very stressful group learning, into the best kind of taking it all in group activity and it was fun too"*

(Feb 2019)

*"This is definitely something I would recommend for anyone and guarantee they will leave after 6 weeks feeling more positive about themselves and the future"* (March 2019)



## FATIGUE MANAGEMENT PROGRAMME



**OCCUPATIONAL THERAPY**

## **FATIGUE MANAGEMENT GROUP**

NHS Lanarkshire offers a Fatigue Management Programme run by Occupational Therapy Staff. The programme is offered to people with rheumatic diseases who have moderate to significant fatigue and who want to better manage their condition. Fatigue is a common problem associated with many conditions.

Research has shown that people attending these type of groups report decreased fatigue and that their fatigue has less impact on their lives. It has also been shown to improve coping and well-being (1).

The group is interactive and allows you to meet others with fatigue and learn from others' experiences of living with fatigue. Each week there will be practical tasks to practice.

(1) Hewlett S, Ambler N, Ameilda, C et al. Self-management of fatigue in rheumatoid arthritis: a randomised controlled trial of group cognitive-behavioural therapy *Ann Rheum Dis* 2011;**70**:1060-1067.

### **Venue:**

The programme will be either in The Houldsworth Centre, Wishaw, ML2 7LP (Tuesday 1.30pm – 3.30pm), or The Buchanan Centre, Coatbridge ML5 3BJ (Thursday 10am – 12pm).

## **THE PROGRAMME**

The six week programme runs for two hours each week. There will be approximately 6-8 people in the group. Here is an example of the six week programme.

<b><u>Week</u></b>	<b><u>Topic</u></b>
<b>1</b>	<ul style="list-style-type: none"><li>• <b><i>Your values and goal setting</i></b></li><li>• <b><i>Using an energy diary</i></b></li><li>• <b><i>Relaxation</i></b></li></ul>
<b>2</b>	<ul style="list-style-type: none"><li>• <b><i>How thoughts and feelings affect us</i></b></li><li>• <b><i>Relaxation</i></b></li></ul>
<b>3</b>	<ul style="list-style-type: none"><li>• <b><i>Activity cycle</i></b></li><li>• <b><i>Prioritising, Planning, Pacing &amp; Posture</i></b></li><li>• <b><i>Relaxation</i></b></li></ul>
<b>4</b>	<ul style="list-style-type: none"><li>• <b><i>Stress management strategies</i></b></li><li>• <b><i>Learning to sleep better</i></b></li><li>• <b><i>Relaxation</i></b></li></ul>
<b>5</b>	<ul style="list-style-type: none"><li>• <b><i>Communication</i></b></li><li>• <b><i>Relaxation</i></b></li></ul>
<b>6</b>	<ul style="list-style-type: none"><li>• <b><i>Coping with set backs</i></b></li><li>• <b><i>Relaxation</i></b></li></ul>