

South Coast Fatigue

Fatigue Management Vs Energy Optimisation

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Webinar Focus



Fatigue
Management



Energy Optimisation



The Benefits of
Energy Optimisation

Fatigue Management





Definition of Fatigue

- Feeling constantly tired; cognitively impaired, physically exhausted, with unrefreshing sleep.
- The body's energy stores do not meet activity levels = energy deficit.
- Poor performance in many aspects of daily life; work, home, relationships, mental health, recovery and resilience.



Fatigue as a symptom

- Brain injury
- MSK injury
- Post-viral such as Long Covid
- ME/CFS
- Autistic Spectrum Disorder

Results in



Post Exertional
Malaise



Unrefreshing
sleep



Brain Fog



Emotional
lability



Increased Pain

How clients may behave

- Reluctance to engage in rehab
- Disrupted routine
- Relationship conflict
- Low mood, frustration
- Lack of motivation



Fatigue Management Programmes

“Predominant and disabling feature”



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graph TD; A["Predominant and disabling feature"] --> B["Specialist fatigue management service"]; B --> C["92% of clients report increased confidence in managing their energy and feeling in control"]
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Specialist fatigue management service

92% of clients report increased confidence in managing their energy and feeling in control

But is there another way?





- Over work
- Disrupted sleep
- Financial stress
- Low mood and anxiety
- Lack of social support
- Always contactable
- Pre-existing medical conditions

Energy Optimisation



Energy Optimisation

- Elite sport
- Blue chip industries
- Optimise performance





Wheel of Wellbeing

- Body
- Mind
- Spirit
- People
- Place
- Planet

Radiators

Radiators are
those things
that 'give'



Drains

Drains take
and deplete



Origin ➡ State ➡ Consequences

Origin	State
<p>MSK injury at work and now feeling overwhelmed at the thought of having to return to the workplace.</p> <p>Workplace was previously hectic with tight deadlines with a culture of working long hours and missing breaks; expectations to be available on demand.</p>	<ul style="list-style-type: none">• Anxiety and low mood• Apprehensive about return to work• Concerned about physical ability to do job• Not engaging fully in ADL's and not increasing physical activity as expected/advised.• Reluctant to engage socially.• Sleep disturbance.

Origin ➡ State ➡ Consequences

Origin	State	Consequences
<p>MSK injury at work and now feeling overwhelmed at the thought of having to return to the workplace.</p> <p>Workplace was previously hectic with tight deadlines with a culture of working long hours and missing breaks; expectations to be available on demand.</p>	<ul style="list-style-type: none">• Anxiety and low mood• Apprehensive about return to work• Concerned about ability to do job• Not engaging fully in ADL's• Physical activity not increasing• Reluctant to engage socially• Sleep disturbance.	<ul style="list-style-type: none">• Workplace having to backfill role• Additional cost• Pressure to meet targets• Risk of burnout for other staff• Absenteeism and presenteeism at an all time high

Origin ➡ State ➡ Consequences

Origin	State	Consequences
<ul style="list-style-type: none">• Young client with cerebral palsy• Extensive MDT rehab goals• Programme of adaptations• Supported by PA's and family• Attending mainstream school• Anxiety and panic attack• Independently mobile but using a wheelchair		

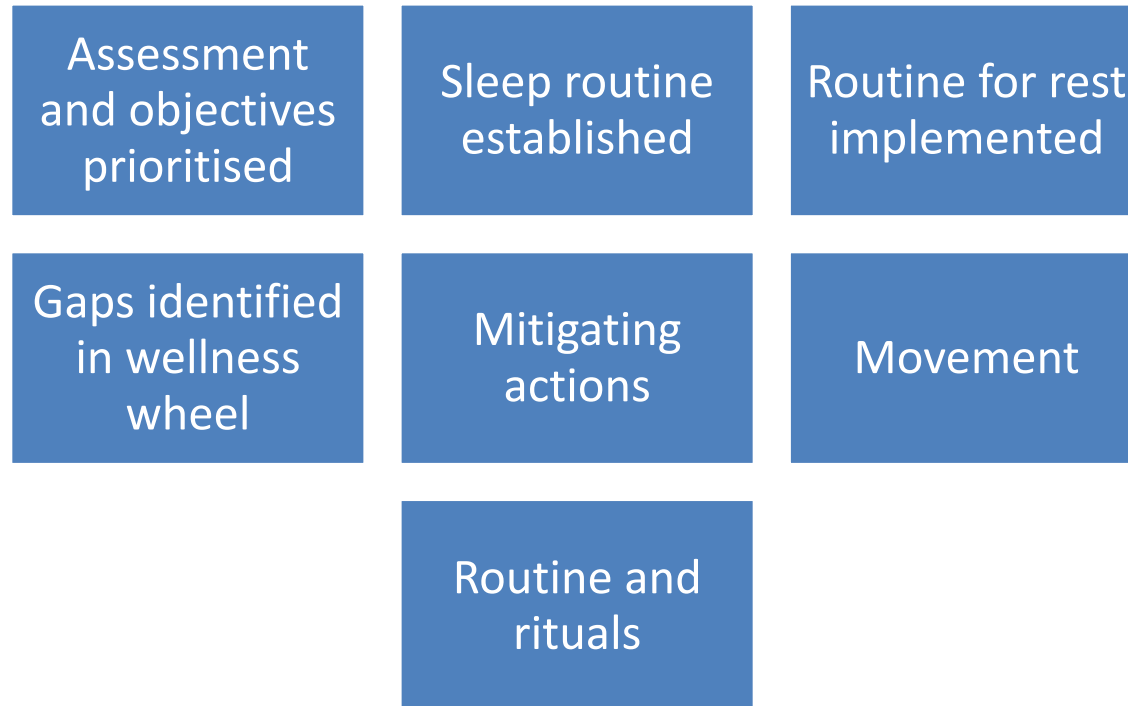
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<ul style="list-style-type: none">• Young client with cerebral palsy• Extensive MDT rehab goals• Programme of adaptations• Supported by PA's and family• Attending mainstream school• Anxiety and panic attack• Independently mobile but using a wheelchair	<ul style="list-style-type: none">• Low energy/fatigue• Low motivation for rehab• Focused on school/cognitive activities• Changes to routine invoke panic• Reluctant to engage socially• Reducing physical capacity• Increasing anxiety	<ul style="list-style-type: none">• Increased muscle tone and tremor• Reduction in function & independence• Withdrawing from leisure activities• Unable to enjoy family trips• Strained relationships• Lowering of expectations for future independence

Application - MSK



Application – CP

Assessment and
prioritise
objectives

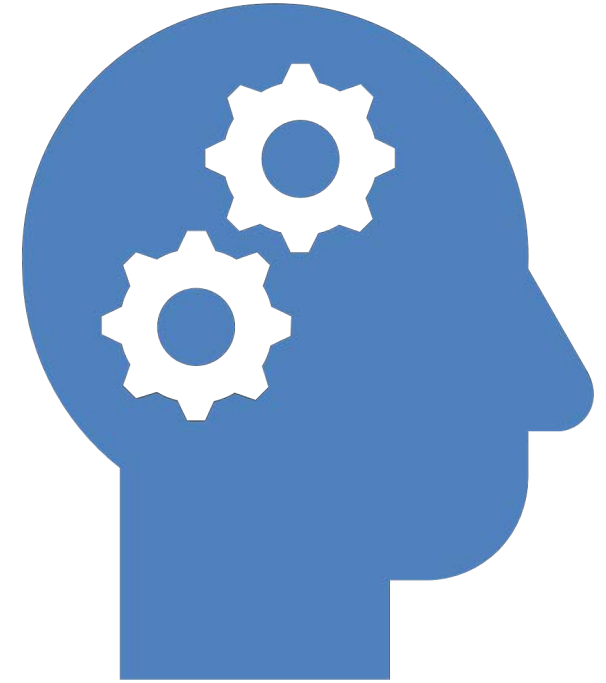
Reset rhythms
and rituals

Integrate rehab
as purposeful
activity

Rebalance
activities - wheel
of wellbeing

Educate and
empower

Practical
solution-based
approach





What If.....

Have: the tools to learn to manage their energy; a balance of activity; and an understanding of what their body needs?

“I worry less about my condition now that I have the tools to manage.”



What If.....

Feel: in control of their energy;
refreshed on waking and empowered in
their daily lives and rehab programmes.

***“I have gone from negative to more
positive that my condition is not going
to define me.”***



What If.....

Are: supported to learn tools which will allow them to regain and remain in control; return to work and remain well at work; confident in managing their energy and know what they need to look after themselves going forward.

- ***“I now have the confidence to manage my condition and educate other people”***



And Energy is Optimised



We are offering a free 15 minute call to discuss next steps for any client you might be working with who would benefit from either Energy Optimisation or Fatigue Management

Please copy and paste this link into your browser to register your interest

<https://bit.ly/3ObQ3ML>