



## Fatigue Definition List

Term	Definition
<b>Acupuncture</b>	Acupuncture is a method of healing that was developed in China at least 2,000 years ago. Today, it describes a family of procedures involving stimulation of anatomic points on the body by a variety of techniques. American practices of acupuncture incorporate medical traditions from China, Japan, Korea, and other countries. The acupuncture technique that has been scientifically studied most involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation. <sup>110</sup>
<b>Aromatherapy</b>	Aromatherapy is the use of essential oils (i.e., extracts or essences) from flowers, herbs, and trees to promote health and well-being. <sup>110</sup>
<b>Attentional restoration</b>	This naturally restorative environmental intervention includes regular exposure to preferred activities in the natural environment. <sup>118</sup> Psychological benefits of natural environments include decreased psychological distress and an ability to restore attention. This intervention has primarily targeted attentional fatigue or loss in the cognitive capacity to direct attention.
<b>Complementary and alternative medicine</b>	Complementary and alternative medicine, as defined by the National Center for Complementary and Alternative Medicine, is a group of diverse medical and healthcare systems, practices, and products that are not presently considered to be part of conventional medicine and are used to complement traditional medicine or as an alternative to it. <sup>110</sup>
<b>Dietary supplements</b>	Congress defined the term "dietary supplement" in the Dietary Supplement Health and Education Act of 1994 as a product (other than tobacco) that is taken by mouth that contains a dietary ingredient intended to supplement the diet. Dietary ingredients may include vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, and metabolites. Dietary supplements come in many forms, including extracts, concentrates, tablets, capsules, gel caps, liquids, and powders. They have special requirements for labeling. According to the Dietary Supplement Health and Education Act of 1994, dietary supplements are considered foods, not drugs.
<b>Energy conservation and activity management</b>	Energy conservation is the deliberate and planned management of one's personal energy resources to prevent their depletion. Energy conservation strategies include planning, delegating, setting priorities, pacing, resting, and scheduling activities that require high-energy use at times of peak energy. <sup>79</sup> Balancing rest and activity during times of high fatigue allows for maintaining adequate energy to carry out valued activities and reach important goals. <sup>9</sup>



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<b>Exercise</b>	Exercise is any planned, structured, and repetitive bodily movement performed during leisure time that incorporates cardiovascular, strength, and/or flexibility conditioning of any intensity with the intent of improving or maintaining one or more components of physical fitness, performance, or health. <sup>108,109</sup>
<b>Expressive writing</b>	Expressive writing is the art of putting thoughts and feelings on paper. <sup>38</sup>
<b>Fatigue/Cancer-Related Fatigue Syndrome</b>	<p>Fatigue is defined as a persistent and subjective sense of tiredness that interferes with usual functioning.<sup>104</sup></p> <p>The World Health Organization International Classification of Diseases -10 (ICD-10) criteria for a diagnosis of cancer-related fatigue syndrome<sup>96</sup>:</p> <p>Six (or more) of the following symptoms have been present every day or nearly every day during the same two-week period in the past month, and at least one of the symptoms is (A1) significant fatigue.</p> <ul style="list-style-type: none"> <li>A1. Significant fatigue, diminished energy, or increased need to rest, disproportionate to any recent change in activity level</li> <li>A2. Complaints of generalized weakness or limb heaviness</li> <li>A3. Diminished concentration or attention</li> <li>A4. Decreased motivation or interest to engage in usual activities</li> <li>A5. Insomnia or hypersomnia</li> <li>A6. Experience of sleep as unrefreshing or nonrestorative</li> <li>A7. Perceived need to struggle to overcome inactivity</li> <li>A8. Marked emotional reactivity (e.g., sadness, frustration, irritability) to feeling fatigued</li> <li>A9. Difficulty completing daily tasks attributed to feeling fatigued</li> <li>A10. Perceived problems with short-term memory</li> <li>A11. Postexertional malaise lasting several hours</li> </ul> <p>B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.</p> <p>C. Evidence from the history, physical examination, or laboratory findings exists that the symptoms are a consequence of cancer or cancer therapy.</p> <p>D. The symptoms are not primarily a consequence of comorbid psychiatric disorders such as major depression, somatization disorder, somatoform disorder, or delirium.</p>



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<b>Healing touch</b>	Healing touch is an energy-based therapeutic approach to healing. <sup>115,116</sup> Healing touch uses touch to influence the energy system, thus affecting physical, emotional, mental, and spiritual health and healing. <sup>117</sup> The goal of healing touch is to restore balance in clients' energy system, thereby placing them in a position to self-heal.
<b>Intervention</b>	An intervention is defined as a set of actions with a coherent objective to bring about a change or produce identifiable outcomes. These actions may include single-strategy actions or multicomponent programs as well as policy and regulatory initiatives. <sup>103</sup>
<b>Massage therapy</b>	This ancient form of healing involves the therapeutic manipulation of soft tissues of the body by various hand movements (e.g., rubbing, kneading, pressing, rolling, slapping, tapping). Massage therapy can elicit the relaxation response as measured by decreases in heart rate, blood pressure, and respiration. Often, massage is complemented by the use of aromatherapy (i.e., essential oils combined with a carrier cream or oil to manipulate the soft tissues). <sup>111</sup>
<b>Pharmacologic interventions for fatigue</b>	A pharmacologic intervention for fatigue, as recognized or defined by the U.S. Food, Drug and Cosmetic Act, is a chemical substance used to cause physiologic, behavioral, or perceptual effects resulting in diminished perception of fatigue and/or an amelioration of an identified predisposing factor or etiology for cancer-related fatigue.
<b>Progressive muscle relaxation</b>	Progressive muscle relaxation focuses on and isolates various muscle groups while moving progressively up or down the body to establish a state of deep relaxation. Focused breathing, with all attention centered on the sensations of breathing, including the rhythm and rise and fall of the chest, often is used along with progressive muscle relaxation. <sup>112</sup>
<b>Psychoeducative interventions</b>	Psychoeducative interventions for fatigue include cognitive-behavioral techniques, education or information provision, psychotherapeutic interventions, and supportive strategies to modify factors that may trigger or intensify cancer fatigue and to elicit behaviors that may effectively manage cancer-related fatigue. Psychoeducative interventions may be delivered individually or in groups, and multiple components often are included in single interventions. Interventions may be tailored or standardized and may include materials that are written, audiovisual, or Web-based. Examples of psychoeducative interventions include techniques that promote adherence to healthcare professional recommendations, enhance self-management, optimize attributions and illness representations, and strengthen coping. Psychoeducational interventions may provide a way of teaching others to use interventions identified as having an effect in preventing or managing fatigue. <sup>105,106,107</sup>



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<b>Relaxation therapies or techniques</b>	These therapies or techniques are used to reduce somatic and/or cognitive arousal and include autogenic training, progressive muscle relaxation, and massage therapies. <sup>113</sup>
<b>Yoga</b>	Yoga is an ancient Eastern science that incorporates stress-reduction techniques such as regulated breathing, visual imagery, and meditation, as well as various postures. Hatha yoga is one type of yoga. <sup>46, 114</sup>