

This quick view provides very brief information from the ONS PEP resources. Full ONS PEP information for this topic and description of the categories of evidence are located at <http://www.ons.org/Research/PEP/Topics> and Eaton, L.H., & Tipton, J.M. (Eds.). (2009). *Putting evidence into practice: Improving oncology patient outcomes*. Pittsburgh, PA: Oncology Nursing Society. **Users should refer to these resources for full dosages, references, and other essential information about the evidence.**

Definition and incidence: Cancer-related *fatigue* is the subjective feeling of tiredness or exhaustion prompted by cancer or cancer treatment that is disproportionate to level of recent exertion; and interferes with activities of daily living. An estimated 80%–100% of people with cancer-related fatigue.

Evidence-Based Interventions for Fatigue

RECOMMENDED FOR PRACTICE

- Exercise

LIKELY TO BE EFFECTIVE

- Screening for potential etiologic factors and managing as appropriate
- Energy conservation and activity management
- Education and information provision
- Measures to optimize sleep quality
- Relaxation
- Massage, healing touch, polarity therapy and haptotherapy

BENEFITS BALANCED WITH HARMS

- Correction of anemia with erythropoiesis-stimulating agents

EFFECTIVENESS NOT ESTABLISHED

- Cognitive-behavioral therapy for fatigue and/or concurrent symptoms
- Structured rehabilitation
- Expressive writing
- Hypnosis
- Paroxetine
- Methyphenidate
- Donepezil
- Bupropion sustained-release
- Modafinil
- Venlafaxine
- Sertraline
- Targeted anti-cytokine therapy
- Reiki
- Yoga
- Mindfulness-based stress reduction
- Acupuncture
- Individual and group psychotherapy
- Art, music, or animal-assisted therapy
- Distraction-virtual reality immersion
- Levocarnitine supplementation
- Vitamin Supplementation
- Adenosine 5' triphosphate infusion
- Lectin-standardized mistletoe extract
- Essiac
- Chinese medicinal herbs
- Omega-3 fatty acid supplementation
- Combination therapy: dietary supplements and lipid replacement/antioxidant supplementation
- Combination therapy: aromatherapy, foot soak, and reflexology