Fatigue Self-Management Behaviors in Patients With Advanced Cancer: A Prospective Longitudinal Survey

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Cancer-related fatigue (CRF) is a distressing symptom and is reported in about 74% of patients with advanced cancer and 88% of those who are in the last weeks of life (Solano, Gomes, & Higginson, 2006; Teunissen et al., 2007). Fatigue experiences are debilitating and can reduce the quality of life of people with advanced cancer. The understanding of the etiology and pathophysiology, patient experience, and management of this symptom has improved (Bower, 2014). However, CRF is still not well managed in a notable proportion of patients with advanced cancer (Bruera et al., 2013; Yennurajalingam et al., 2013).

The management of CRF is complex and can involve a combination of pharmacologic and nonpharmacologic strategies (Minton, Richardson, Sharpe, Hotopf, & Stone, 2010; Payne, Wiffen, & Martin, 2012). For example, maintaining sleep hygiene, conserving energy, and exercising are commonly used strategies (Minton et al., 2010). The strategies required to manage CRF often involve...