Fatigue Management in PoTS

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What is fatigue?

- Not the same as tiredness!
- Cannot be reduced by sleep alone
- Can last a while or come in waves
- Can impact upon daily life if not managed
What causes fatigue?

- PoTS itself
- Other conditions + PoTS
- Medication
- Sleep problems
- All of the above + life!
A firm (but kind) word...

Managing fatigue takes...

• commitment
• trial and error
• persistence

There is no quick fix
6.30am  Shower/get dressed/dry hair  
7am  Get kids ready for school + have breakfast

8.30am  School run
10am  Work
emails/presentation preparation

12pm  Lunch
1pm  Cup of tea/rest

2pm  Housework

3pm  School run
4pm  Prepare dinner

5.30pm  Dinner
6pm  Bath kids

8pm  Put kids to bed
9pm  emails/watch TV
10.30pm  Bed

11pm - 7am  Sleep

RED = HIGH
ORANGE = MEDIUM
GREEN = LOW
BLUE = REST
PINK = SLEEP

Pots UK
POSTURAL TACHYCARDIA SYNDROME
Your bank account will use energy like money. Just like an account, you need to be aware of how much money is available.

If you use up more energy than you have, you will become ‘overdrawn’.

If you have a limited amount of energy, then you will need to budget and spend wisely.

Energy ‘overdraft’ means you will have to payback the energy – usually with interest.
Diet

• Variety is of high importance
• Eat small amounts- ‘little and often’
• Avoid large meals
• Avoid caffeine to see if it improves symptoms (particularly sleep quality)
• Water, water, water!
Exercise

- Exercise improves fatigue over time
- Two weeks of physical inactivity for those who are physically fit leads to a 30% loss of muscle strength
- Muscle mass decreases to that of an older person
- It takes about three times the amount of time you were inactive to get your muscle mass back
Sleep

Three points to keep in mind...

1. Regular bed time
2. Wind down
3. Environment
Memory and concentration

- Sleep and exercise improve recall
- Everyday objects in the same place
- To-do lists
- Diary/calendar
- Phone alarm
- Limit distractions
A final word

• Fatigue impacts upon all activities of daily living
• You do not have to put up with it!
• Small changes and commitment make a significant difference
• Do you have any questions about fatigue? Adapting activities? What occupational therapy could do for you? Feel free to ask