



## POST STROKE FATIGUE

### What is Post Stroke Fatigue?

Post Stroke Fatigue (PSF) is a common condition that you may experience after your stroke or Transient Ischemic Attack (TIA). We have all experienced fatigue at some point in our lives but PSF is different. With PSF the tiredness does not match the amount of activity you have done (i.e. you may feel tired after having a long nap) and it does not go away with rest.

### Am I at risk?

- 30-74% of Stroke Survivors experience Post Stroke Fatigue

### What are the signs and symptoms?

- Feeling tired despite
- Depression
- Social Isolation
- Difficulty participating in activities
- Increased need to rest
- Difficulty participating in
- Lack of energy

### What is the treatment?

If you are experiencing Post-Stroke Fatigue your HCP can help to teach you energy conservation techniques so that you can learn to manage the fatigue.

Currently, medication is not used to treat post-stroke fatigue. However, your medications may be adjusted if they are suspected to be contributing to the fatigue.

### What can I do?

#### **PLAN**

- Organize and prioritize your daily/weekly to do list. Alternate between high and low energy activities. Include rest periods in your daily plan

#### **BE SMART**

- Set up your house to be user friendly. If you can sit to do something then sit. Make use of your resources (i.e. family and friends). If you have a big event coming up get lots of rest prior to the day

#### **TAKE CARE OF YOURSELF**

- Practice a good sleep routine. Eat a healthy balanced diet. Stay hydrated. Don't overdo it- know and voice your limits.