

fatigue

15
June
2023

Experience; Identification; Understanding; Management

9.30	WELCOME AND HOUSEKEEPING	
9.40	<p>Alex Westcombe, Pete Gladwell & Charlotte Bray "Setting the scene: experiences of fatigue"</p> <p>We will explore some elements of what it is like to experience fatigue, including how difficult it can be to put into words. It will include what we often hear as clinicians, as well as direct descriptions from people with fatigue themselves. The aim is that this can start to set the scene for the rest of the day's other conversations.</p>	
10.10	<i>5-minute break</i>	
10.15	<p>Gerald Coakley Consultant Rheumatologist & Physician "The Challenge of Fatigue - The Physician's Perspective"</p> <p>This presentation will consider the main medical conditions causing fatigue and the challenges in diagnosis and management of the symptom, both in the context of ME/CFS and post-infectious fatigue syndromes and in chronic inflammatory disease.</p>	
STREAM 1		STREAM 2
10.55	<i>15-minute break</i>	
11.10	<p>Dr Wendy Molefi Menopause Specialist "Fatigue and Menopause"</p> <p>Understanding menopause related fatigue symptoms.</p>	<p>Mandy Whalley Independent Occupational Therapist in Occupational Health "Fatigue within Neurodiversity"</p> <p>Exploring and understanding fatigue within neurodiversity</p>
11.50	<i>5-minute break</i>	
11.55	<p>Helen Brunger Health Psychologist "Fatigue Management After Traumatic Brain Injury (TBI)"</p> <p>Helen's presentation will explore the complex relationship between brain injury and fatigue, how people with TBI experience the broad spectrum of fatigue, and consider rehabilitation approaches for maximising physical and cognitive recovery.</p>	<p>Thomas Cave Clinical Academic Lecturer and Adult Therapies Pathway Lead - Oncology and Haematology "Post cancer fatigue"</p> <p>A brief exploration of the various factors that may contribute to the different symptoms and side-effects cancer and it's treatment may cause in relation to fatigue.</p>
12.35	<i>45-minute break</i>	
13.20	<p>Sue Luscombe RD MBDA Nutrition and Diet Consultant "Nutrition, Diet and Fatigue"</p> <p>Exploring the relationship between nutrition, diet and fatigue; Sue will investigate conditions where diet can contribute to fatigue; consider the specific challenges in eating well for those suffering from fatigue; and give tips to help improve nutritional intake.</p>	<p>Maxine Haylock Specialist Occupational Therapist Charlie Adler Specialist Occupational Therapist "Fatigue management is more than just pacing"</p> <p>Busting some of the myths and misconceptions associated with pacing and energy management. Exploring some of the assumptions and ideas around fatigue management.</p>

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14.00	<i>5-minute break</i>	
14.05	<p style="text-align: center;">Amanda Mason Career and Employment Consultant "Working with Fatigue"</p> <p>Amanda will be exploring the challenges of working with fatigue, and considering the client's experience of this, as well as suggesting ways of working that can minimize the impact of fatigue on work.</p>	<p style="text-align: center;">Fiona Mckechnie Occupational Therapist and mindfulness based Therapist and Coach "Tired and wired" The role of rest in fatigue management"</p> <p>Rest - definitions and challenges when resting with fatiguing health conditions including exploring what rest means to the individual and how that may have changed with illness. Ways of working with challenges to resting such as managing a wound up nervous system, pain, as well as finding the time and appropriate techniques to be able to rest.</p>
14.45	<i>15-minute break</i>	
15.00	<p style="text-align: center;">Emma Taylor Independent Occupational Therapist "Cognitive Ergonomics. Let's just make life simpler"</p> <p>Have you ever had moments where you want to scream because something you are trying to do is unclear or confusing? For example, contacting a call centre where you need to remember which number to press to get to the right department? Then the query you have isn't in the options given so which number do you press? Then a 30 minute wait only to find you pressed the wrong number and have to go back to the start? Frustrating? Yes! Poor ergonomic design? Yes! This presentation will explore ergonomics as a science and specifically discuss how the cognitive element of design is key to how easy (or difficult) something is to use. By using ergonomic solutions to reduce cognitive strain, which is of particular importance when someone has a health need or impairment that impacts on their cognitive ability, how can we increase usability and make life a little simpler?</p>	<p style="text-align: center;">Ros "My road to recovery, a personal story from an expert by experience"</p> <p style="text-align: center;">Fatigue and how it impacts my daily life.</p>
15.40	Discussion facilitated by Alex Westcombe - Reflections and Close	
16.15	END	