

Fatigue Care Pathway

Prevention

Prevention

Promote routine physical activity

Optimize [sleep hygiene](#)

Optimize nutritional status

For red cell transfusions, follow institutional standards

Assessment

Assessment

Assess routinely using [SSPedi](#)

Mild Bother
(SSPedi score = a little)

Moderate Bother
(SSPedi score = medium)

Severe Bother
(SSPedi score = a lot or extremely)

Allocate resources based on severity of bother and according to the preferences and capabilities of the patient

Treatment

Treatment and Resources

Address reversible contributing factors such as sedating medications

Increase physical activity

Consult physiotherapy, occupational therapy or child life services

Promote relaxation

Consult psychiatry, psychology, social work, art therapy, chaplaincy, child life services, music therapy or recreational therapy

Promote mindfulness

Consider cognitive behavioral therapy

Consult psychiatry, psychology or social work

Do not use pharmacological agents

Care Pathway

SSPedi: Symptom Screening in Pediatrics



Please tell us how much each of these things **bothered** you **yesterday or today** by ticking the circle that best describes the amount it bothered you:

	Not at all bothered	A little	Medium	A lot	Extremely bothered
Feeling disappointed or sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling scared or worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling cranky or angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Problems with thinking or remembering things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in how your body or face look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mouth sores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hurt or pain (other than headache)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tingly or numb hands or feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throwing up or feeling like you may throw up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling more or less hungry than you usually do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Constipation (hard to poop)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diarrhea (watery, runny poop)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please tell us about any other things that have bothered you lately by writing about them here.

Fatigue Care Pathway

Sleep Tips for Children and Teens

Below are some tips to help your child sleep as well as possible when he or she is in the hospital.

Tips for Children Aged 8 and older:

Keep a schedule

It is best to keep a regular sleep schedule. When your child is in the hospital, this can be difficult to do. However, it is important to keep a regular sleep routine that allows your child to wake up and go to bed about the same time every day. Bedtimes and wake times should not vary by more than one or two hours from one day to the next. Sleeping in can make it harder for your child to keep a regular schedule.

Nap to make up for lost sleep

During your child's hospital stay, he or she may be woken up many times, making it hard for him or her to have a good night's sleep. If your child has a night of broken sleep, encourage your child to use naps throughout the daytime to catch up on sleep, rather than sleeping in. This will allow your child to maintain his or her sleep schedule. Try to limit naps to the morning or early afternoon so they are able to fall asleep in the evening.

Create a relaxing routine

Create a relaxing bedtime routine that your child can follow each night. It should involve 20 to 30 minutes of quiet time. Good wind-down activities include reading, looking through a magazine, listening to music or writing in a journal. Avoid "screen time" and discourage stimulating activities such as playing videogames, using the computer or using a cell phone an hour before bedtime. Backlit devices such as cell phones and computers can make it more difficult to get to sleep.



Comfortable sleep environment

Try to make sure your child's room is dark, and quiet, and ensure the bed and pillow are comfortable. Watching television at night can be stimulating rather than relaxing, so avoid turning on the television right before bed, or in the night if your child is having trouble sleeping. Also, avoid cell phones in the room at night. Their ringing or vibration may disturb your child's sleep.

Healthy habits

- Encourage your child to engage in physical activity that is approved by your doctor or nurse.
- Avoid or limit caffeine (pop, energy drinks, coffee, tea or chocolate).
- Your child may at times not have much of an appetite. However, whenever possible, be sure to offer regular, balanced meals based on the four food groups in Canada's Food Guide.
- Encourage your child to try keeping a diary or a to-do list. If they write notes down before they go to sleep, they will be less likely to stay awake worrying or stressing.

If you have concerns about your child's sleep, seek advice from your doctor