



### 3. Definitions:

**Fatigue** is a sensation of tiredness and should be approached as a self-perceived state (Nail, 2002).

**Fatigue** is a common, persistent, and subjective sense of tiredness related to cancer or to treatment for cancer that interferes with usual functioning (Mock et al., 2000).

#### **ICD-10 Criteria for Cancer-Related Fatigue**

Six (or more) of the following symptoms have been present every day or nearly every day during the same two-week period in the past month, and at least one of the symptoms is (A1) significant fatigue.

- A1. Significant fatigue, diminished energy, or increased need to rest, disproportionate to any recent change in activity level
- A2. Complaints of generalized weakness or limb heaviness
- A3. Diminished concentration or attention
- A4. Decreased motivation or interest to engage in usual activities
- A5. Insomnia or hypersomnia
- A6. Experience of sleep as unrefreshing or nonrestorative
- A7. Perceived need to struggle to overcome inactivity
- A8. Marked emotional reactivity (e.g., sadness, frustration, irritability) to feeling fatigued
- A9. Difficulty completing daily tasks attributed to feeling fatigued
- A10. Perceived problems with short-term memory
- A11. Postexertional malaise lasting several hours
- B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- C. There is evidence from the history, physical examination, or laboratory findings that the symptoms are a consequence of cancer or cancer therapy.
- D. The symptoms are not primarily a consequence of comorbid psychiatric disorders such as major depression, somatization disorder, somatoform disorder, or delirium (Cella, Peterman, Passik, Jacobsen, & Breitbart, 1998, p. 374).

#### References for Definitions:

- Cella, D., Peterman, A., Passik, S., Jacobsen, P., & Breitbart, W. (1998). Progress toward guidelines for the management of fatigue. *Oncology*, *12*, 369–377.
- Mock, V., Atkinson, A., Barsevick, A., Cella, D., Cimprich, B., Cleeland, C., et al. (2000). NCCN practice guidelines for cancer related fatigue. *Oncology*, *14*(11A), 151–161.
- Nail, L. M. (2002). Fatigue in patients with cancer. *Oncology Nursing Forum*, *29*, 537–546.