



## 9. Recommendations

### Practice

Use the NCCN guidelines for screening, evaluation, and interventions. Screen for fatigue at every encounter on 0–10 scale. For mild fatigue (1–3), provide education plus common strategies to manage fatigue. For moderate (4–6) or severe (7–10) fatigue, complete a primary evaluation and focused history and assess for seven treatable contributing factors (pain emotional distress, sleep disturbance, anemia, nutrition, activity level, comorbidities).

### Education

All patients with cancer should receive routine education about fatigue and its management.

All cancer-care providers need ongoing education about the management of cancer-related fatigue.

### Research

- Develop instruments and interventions to meet the needs of diverse populations.
- Research is needed on the definition, occurrence, assessment, and treatment of fatigue through adequately funded prospective studies.
- Consider patient characteristics such as age ethnicity, geographical distance from providers, and coexisting conditions in studies of fatigue
- Improve basic descriptive epidemiology of fatigue. Conduct prospective studies with sufficient sample sizes to provide more accurate estimates of incidence and prevalence of fatigue.
- Conduct studies comparing the experience of patients with cancer to healthy normal subjects.
- Develop conceptual models to direct systematic research.
- Explore whether symptoms differ quantitatively and qualitatively between cancer and noncancer populations.
- Develop mechanism-based classifications of fatigue.
- Reach consensus on a definition and use consistent measures that are reliable and valid.
- Evaluate accommodation to symptoms and response shift over time. Include measures of the impact of fatigue on daily functioning.
- Develop and test new treatments to address fatigue, including the mechanisms by which such treatments are effective. Repeat interventional studies to increase the evidence in varying samples of patients.
- Investigate the relationship between fatigue management and adherence to cancer treatment.
- Conduct longitudinal studies including measures prior to surgery.
- Conduct research with adequate sample sizes