

SELF-MANAGEMENT TIPS ②

Rehabilitation is a service or activity that can help to address or prevent many of the health-related challenges (or disabilities) that people living with HIV and hepatitis C (Hep C) experience. You are an important part of the rehabilitation team and there are many strategies which are considered important components of rehabilitation that you can put into action to help deal with these challenges.

FATIGUE & HIV & Hepatitis C

Fatigue is commonly experienced by people living with HIV and/or Hep C. It can be a symptom of HIV and/or Hep C and a side effect from treatment. You may get tired easily when you try to stand, climb stairs or walk for any length of time.

This pamphlet will provide information on strategies that can help you manage your fatigue.

MANAGING YOUR FATIGUE

You can conserve or increase your energy level by following the **Five Ps** of Energy Conservation.

- 1. Pacing:** Break large tasks into several smaller ones. Space your jobs over the day or else save some for the next day, plan your day so you have time to rest
- 2. Positioning:** Use correct posture and body positions while sitting, standing, taking part in recreational or other activities - and even while asleep. Make sure beds, chairs, desks, tables and computer keyboards are at a comfortable height.
- 3. Planning:** Make a list of things you have to do during the day. Try to be aware of “windows of energy” i.e. is there a time of the day where you often feel strongest? Plan to do the most difficult tasks when you're feeling your best. Keep the work you need to do close by and organized.

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- 4. Setting priorities:** Do only what you decide is most important. Eliminate less important tasks or ask someone to help you with them.
- 5. Problem-solving:** Increase your energy and reduce pain by asking yourself:
- ✘ For those living with Hep C try to plan to rest the day after your peg-interferon injections
 - ✘ Is there an easier and better way of doing this task such as pushing instead of pulling or using two hands instead of one?
 - ✘ Is there some device, such as an electrical appliance or piece of equipment that can make this job easier?
 - ✘ Do I really need to do this task?

Ask for help with tasks that are very tiring for you

NEED MORE INFORMATION?

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