
What to discuss with your doctor:

- What you mean by tiredness.
- The onset, duration, severity and precipitating factors.
- The effect of sleep, rest and exercise on symptoms, and the impact on your normal activities.
- Sleep pattern and quality.
- Any current life events (e.g. new baby) or stressors.
- Symptoms or history of any physical or mental illness. Symptoms could include weight loss, fevers, night sweats or memory changes.
- Your medications.

Feeling tired all the time will often have multiple causes, can have symptoms which overlap with other problems and is unlikely to have one solution.

It is often necessary for a person to change or improve several factors to result in the best overall outcome.

My questions for the doctor:

Jamieson Medical Practice

Muirhead: 0141 779 2888

Moodiesburn: 01236 872 539

<https://www.jamiesonmedical.co.uk>

References:

NICE Clinical Knowledge Summaries

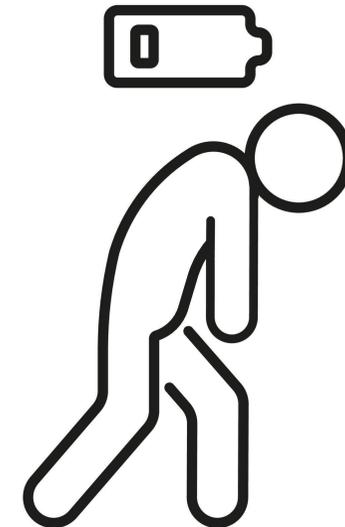
<https://cks.nice.org.uk/topics/tiredness-fatigue-in-adults/>

BMA Best Practice

<https://bestpractice.bmj.com/topics/en-gb/571>

Struggling with being...

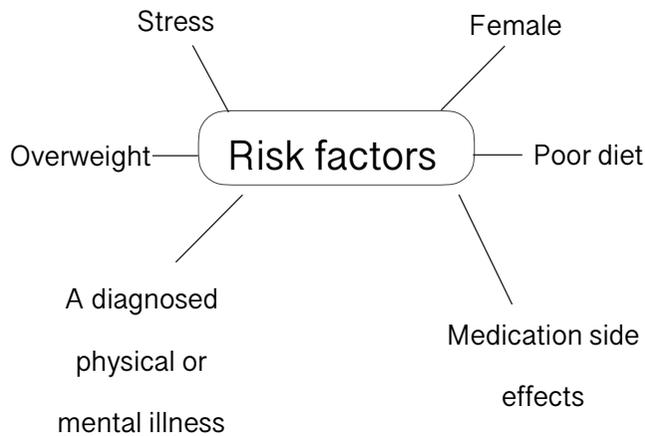
Tired all the time?



This leaflet aims to help you identify the cause of your fatigue and what you can do to help yourself. It also explains what to discuss with the Doctor should you need further support.

What is fatigue:

- Fatigue is a personal experience which can affect you both physically and mentally . It is different from tiredness that we all can experience as typically it does not improve with rest alone.
- You may experience feeling exhausted, physically and or mentally weak, lacking , irritable, frustrated or overwhelmed.



Impact:

- Feeling tired all the time can affect your family life, your ability to work, your relationships with others and your overall quality of life.
- It can also put you at higher risk of anxiety and depression, and contribute to the impact of other illnesses.

Associated conditions:

Anxiety and Depression
Asthma
COPD
Diabetes
Kidney disease
Heart failure
Migraine
Irritable bowel syndrome
Fibromyalgia
Menopause

Investigations:

- **It is often the case that no investigations are required following an assessment by your doctor.**
- If thought necessary your doctor may arrange blood tests.
- These tests may investigate your blood count, thyroid hormone level and your vitamin status.
- A doctor may also check your kidney and liver function.
- It may be necessary to check your blood and urine levels for sugar in possible diagnoses of diabetes.
- If your fatigue is thought to be linked to the menopause blood tests are usually not required as they often do not provide reliable results.

Suggestions to improve your symptoms:

- Recognising signs - yawning, eyes feeling heavy or blurred vision, loss of, experiencing a headache or body ache, fidgeting or feeling irritable.
- Recognising triggers - over or under exertion, being in a busy environment, poor sleep, stress.
- Pacing - schedule rest breaks, find activities that you find relaxing.
- Sleep - going to bed at same time every day, using your bed for sleeping only, avoid looking at your phone before bed.
- Diet - there are 5 main food groups: fruit & vegetables; potatoes/bread/rice/pasta & other starchy carbohydrates; beans/pulses/fish/eggs/ meat & other proteins; dairy or alternatives; oils & spreads. You should try to chose a variety of foods from each group to help you get the nutrients you need to stay healthy.

Management:

- Managing any underlying causes and contributory factors..
- Managing any associated stress, anxiety, and/ or depression.
- Offering advice on sleep.
- Offering lifestyle , including on physical and mindfulness activities, rest periods, relaxation techniques and healthy eating.
- There are many self-help resources on our website as well as Link Worker within the practice who can give advice on practical issues.