Adult patients living with heart failure: Experiences and management of fatigue in everyday life – a systematic review of qualitative evidence



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Background

- The number of patients with heart failure (HF) will increase in future
- Fatigue is one of the most common and distressing symptoms of HF
- The underlying mechanisms of fatigue in HF is not clearly identified
- Fatigue negatively impacts on patients' everyday life, prognosis and quality of life, therefore it is important that patients can manage, monitor and respond to changes in their fatigue status



Background

- No significant correlation between fatigue and ejection fraction or age
- Fatigue is a non-specific, invisible and subjective experience which is difficult to describe
- Patients infrequently report fatigue unless they are asked
- No specific cure or effective interventions available
- Nursing interventions to alleviate or reduce fatigue in patients with heart failure do not seem to receive the same attention in clinical practice as symptoms such as dyspnoea and oedema



Review objectives

The objective of this systematic review is to synthesize the best available evidence related to the lived experiences and management of fatigue in everyday life in adult patients with stable heart failure





Review questions

- How do patients with HF describe their experiences of fatigue?
- How do patients with HF perceive the impact of fatigue in everyday life?
- How do patients with HF manage fatigue and its consequences in everyday life?



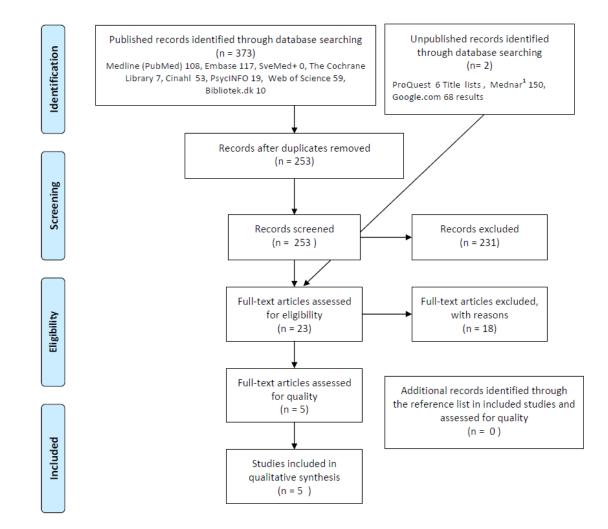
Inclusion criteria

Studies:

- in which the participants were adult (≥ 18 years) patients non-hospitalized patients with confirmed HF
- that explore the experiences and management of fatigue in everyday life among adult patients with HF
- that focus on qualitative data
- published after 1994



Literature search







Included studies

Study	Participants	Methodology	Country
Falk et al. (2007)	8 men & 7 women (31-95 years)	Grounded Theory	Sweden
Hägglund et al.(2008)	10 women (73-89 years)	Explorative, descriptive design	Sweden
Jones et al. (2012)	18 men & 8 women (50-71 years)	Interpretive description.	USA
McCreath (2001)	4 men & 4 women (71 – 86 years)	Phenomenology	USA
Sommer (2008)	2 men (54-64 years)	Phenomenology	Denmark



Synthesis process

The Qualitative Assessment and Review Instrument (QARI)



- The Qualitative Assessment and Review Instrument (JBI-QARI)
- Word-files & transcripts of findings and illustrations from studies
- Model?



Meta-synthesis provisional results

- A total of 114 findings were extracted from the included 5 qualitative papers
- These findings were aggregated into 26 categories on the basis of similarity of meaning
- The categories were synthesised to generate 5 synthesised finding



Provisional Synthesis

Fatigue experiences

An unpredictable, fluctuated bodily experience, that cant't be ignored. It is connected og not connected to other symptoms and activities

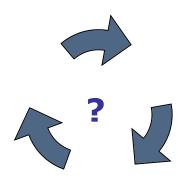
Consequenses

Fatigue negatively impact the patients self-esteam, identity and intellectual function

Isolation and dependency







Manage fatigue and consequences

Read and act on the body as a barometer and make use of protecting and restoring activities

Struggle for independency and adaption to fatigue



Fatigue Experiences

Finding		Category	s	ynthesised finding
As reaching a point of complete energy loss and subsequently collapsing from fatigue (one man) . ()				
Fatique could not be overlooked or ignored ()	-	A physical experience of exhausting that can't be ignored		
The body's needs must be followed, and there is no way of escaping it, even though the person wants something else in the situation ()	15	CANADAMINA CIDE CONT. DE IQUISICE.		
As being sleepy, often with a rapid and unforeseen onset. ()	Te	Being sleepy		
Fatique can be linked with other symptoms such as shortness of breath and pain ()				
fatique was connected to breathlessness, and influenced by physical activity and bodily position. ()		Experienced isolated or related to		
One female patients related that unrelieved pain (arthritis) prevented her from restful sleep and normal activity, thus continuing the vicious cycle of fatigue ()		others symptoms		
Patients described fatique as a symptom in isolation ()				
Exercise change the experience of fatigue to be less pervasive. ()		Fatique after physical exercise		
Fatique may be perceived as a healthy condition after physical exercise ()	=	(therapeutic) is experience as a healthy feeling		
A surprising fatique ()				
Changes in fatigue intensity appeared in an unpredictable way ()	235			atique is an unpredictable, ictuated bodily experience,
Fatique endures, often, sleep made no difference to their level of fatique on waking ()	24	Fatique fluctuated and appeared in an unpredictable way	= <u>tr</u>	nat cant't be ignored. It is connected og not to other
Lacking energy fluctuated ()	-	Santa Control		symptoms and activities xxx
That fatigue is unpredictable despite knowledge of the connections it which it occurs ()				((3,3,3,4,4,4,4,4,4,4,4,4,4,4,4,4,4,4,4,
A creeping fatique ()				
A feebleness involving the whole body ()				
As energy being sapped. Patients experience discrepans between mind wanting and body ability ()	12	Lacking energy as an		
As s complete physical exhaustion - a pervasive feeling of total lack of energy, lasting all day long and caused by minimal exertion - not like before CHF ()		overwhelming and unknown experience involving the whole body		
Fatique was described by patients through a variety of terms e.g. not having "full energy" or "low energy levels ()	85			
Lacking energy as an overwhelming and unknown experience that interfered with the whole person ()				
As physical fatique presenting after exertion (one vomen) ()				
Is perceived as a "bodily fatique" in connection with the physical activities; fatique is perceived differently than tiredness ()		Lacking strength appeared		
Lacking strength was connected with physical efforts ()		related to physical activities		
Patients described the loss of strength and physical changes brought by fatique ()				

Consequences

Changing roles and family rituals (C) Fatigue affected relationships with other people. (U) Lack of energy had consequences for the informants' social lives (C) Lack of energy had consequences for the informants' social roles (C) Fatigue affected social lives and rolls Limitations in social contacts (U) Patients felt that their incapacities not only restricted them but also influenced the lives of all members of their family. (C) Trying to hurry and or keep pace with a spouse or other family members quickly depleted two patients energy levels () A consequence of the fatique experiences was an act of refraining from exercise and daily chores (C) A consequence of the fatique was decreased ability to participate in recreational activities (C) A definite disruption in the performance of activities in daily living (U) An involuntary reduction or cessation of both household tasks and previously-appreciated leisure activities, which could bring sorrow. (C) Inability to engage in daily Male participants focused an inability to heavy outdoor tasks that living and leissure activities usually fall to the male head of the household and hobbies (U) Fatique limited performance Many patients had to relinquish hobbies and leisure activities (C) of daily living and social activities Many usual activities became too heavy, too physically demanding (C) XXX Psysical fatigue led to lack of motivation to engage in daily activities (one female) (U) The women focused on an inability to engage in activities of daily living (C) Inability to plan for the future (C) Inability to plan for the future The unpredictable variations in physical ability created uncertainty in planning activities (U) Confinement and isolation (U) Fatigue limits the physical space (U) Isolation One of the most important consequences of fatigue was the feeling of being isolated (C) The world was made smaller by the experience of fatique (C) Available help brought a feeling of safety – conversely uncertain if nobody around could help (U) Being in need of help from others brought along with it a dependency Need of help from others on other people's judgement and time planning, and their willingness and ability to help (C)



Needing help from others in daily life (U)



Implications for practice

- Types and characteristic of fatigue from the patients' perspective
- Qualify nurses' understanding of fatigue
- Improve nursing services
- Improve documentation patient perspective
- Organizing of health professional services
- Aspects of fatigue to be further explored





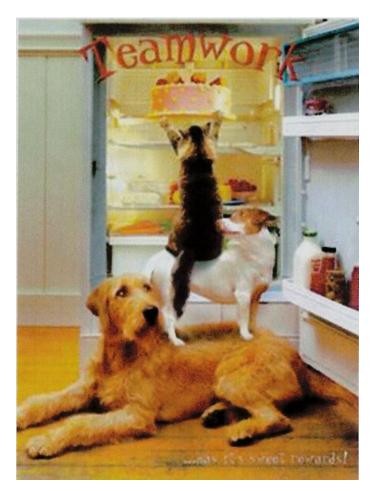
Tak for opmærksomheden

Spørgsmål?

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