



uOttawa

Why am I still Tired? An Intervention for Cancer- Related Fatigue

Sleep Ed.

Our Team



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WHY AM I STILL TIRED? A GROUP FOR CANCER-RELATED FATIGUE

 Next group: Tuesdays 10-11:30AM Oct. 4th-25th 2022

6108a-6108d





POURQUOI SUIS-JE TOUJOURS FATIGUÉ? UN GROUPE POUR LA FATIGUE RELIÉE AU CANCER

 Groupe se déroule du 4 octobre au 25 octobre. Les mardis de 10h à 11h30 HNE



My Cancer Journey...

 March 2022 diagnosed with Non-Hodgkin's Lymphoma (PMBCL) in the middle of our study recruitment...

Cancer

An illustration of two hands shaking, symbolizing support or agreement. The hands are rendered in a simple, stylized manner with soft shading. The background is a vibrant blue with abstract, curved shapes.

Half of Canadians will be diagnosed with cancer in their lifetime.

$\frac{3}{4}$ Canadians diagnosed are expected to become cancer survivors.

Many people experience adverse symptoms post-treatment including:

- Depression or mood disturbances
- Insomnia
- Pain
- Cognitive impairment
- Fear of cancer recurrence
- Fatigue

Cancer-related Fatigue

“Distressing, persistent, subjective sense of tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning”

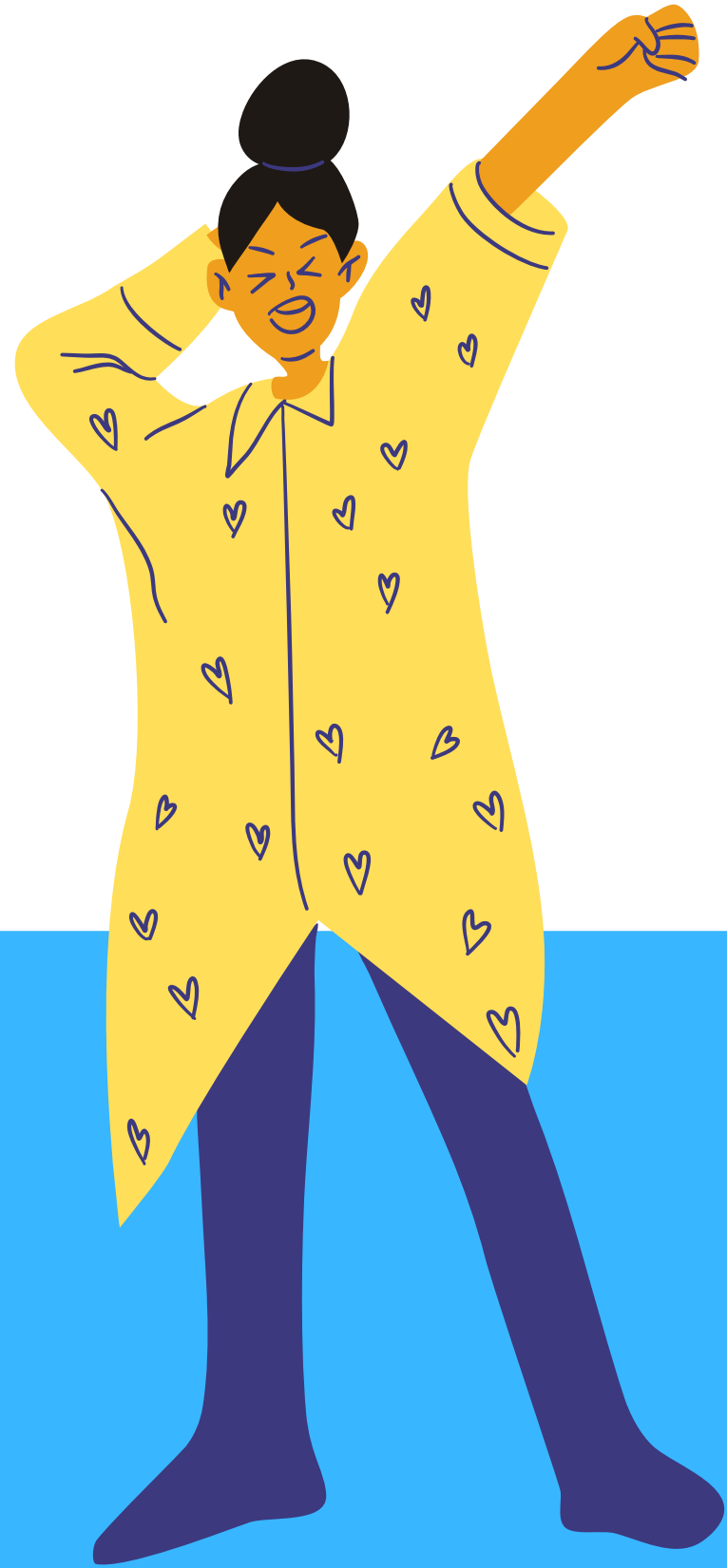
Patients rate fatigue as the most prevalent and debilitating symptoms.





What puts me at greater risk for CrF?

- Genes
- History of fatigue
- Depression
- Sleep difficulties
- Physical inactivity
- Coping strategies
- Childhood stress
- Loneliness



Three types of fatigue

Physical

Fatigue in
the body

Emotional

Lack of
motivation

Mental

Difficulty with
attention,
memory, and
concentration



Inability to return to work:

consequences including financial losses, social isolation, and reduced self-esteem.

Activities most affected by fatigue:

Walking, household chores, cleaning, social activities, and food preparation.

Social activities such as going to a restaurant, maintaining interpersonal relationships, and spending time with friends are found to be challenging.

Most frequently endorsed unmet need among individuals with post cancer.



Four virtual week group on CRF

Session one:

- Risk factors, causes, and types of CRF
- The model of CRF and how different factors contribute to CRF
- Self-monitoring and progressive muscle relaxation

Session two:

- Activity pacing and how to schedule activities
- Sleep hygiene and self-compassion
- Physical activity and goal setting

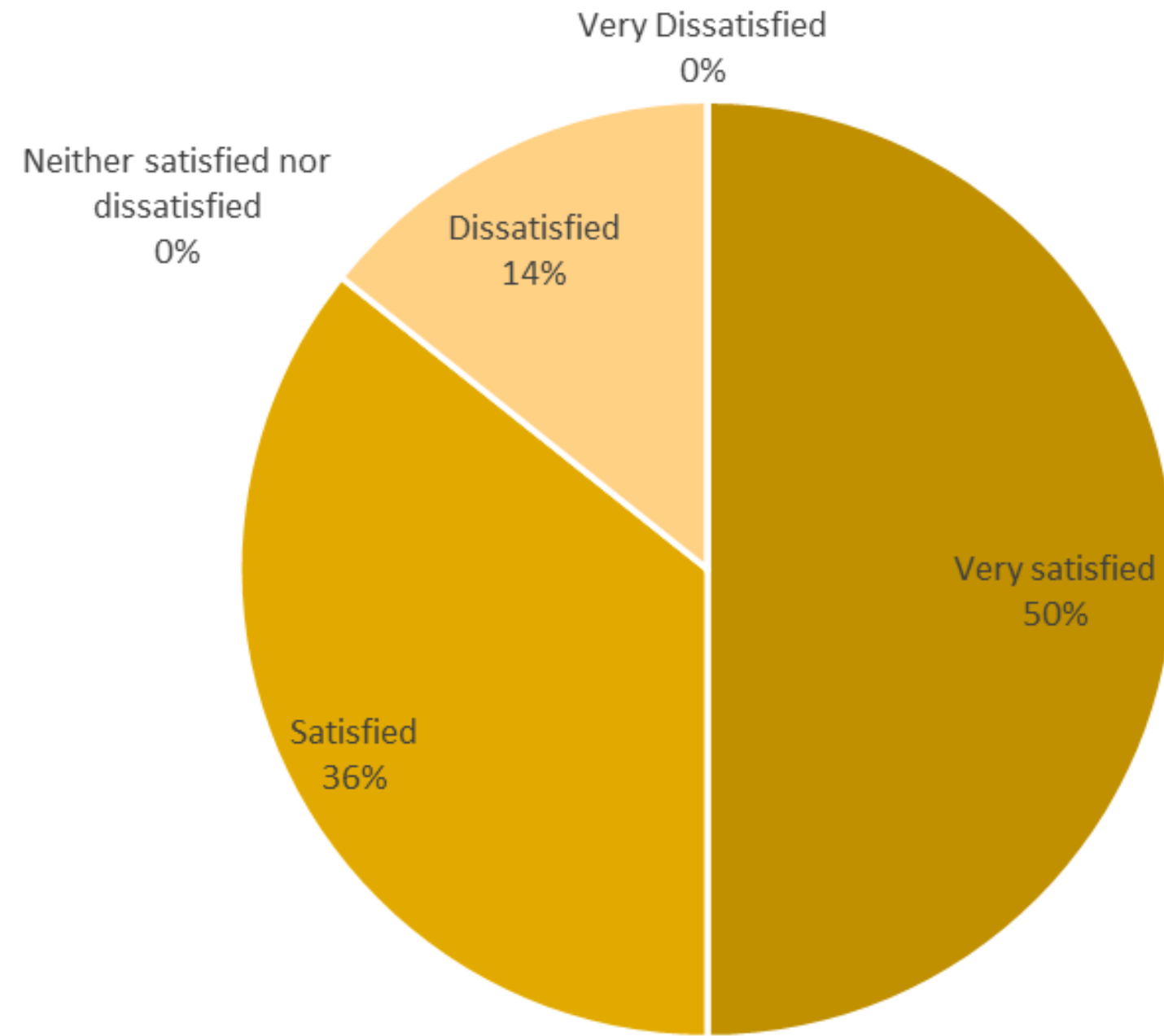
Session three:

- Emotions and the link between emotions and thoughts, how to distance and challenge negative thoughts

Session four:

- Negative thinking patterns and the importance of social support

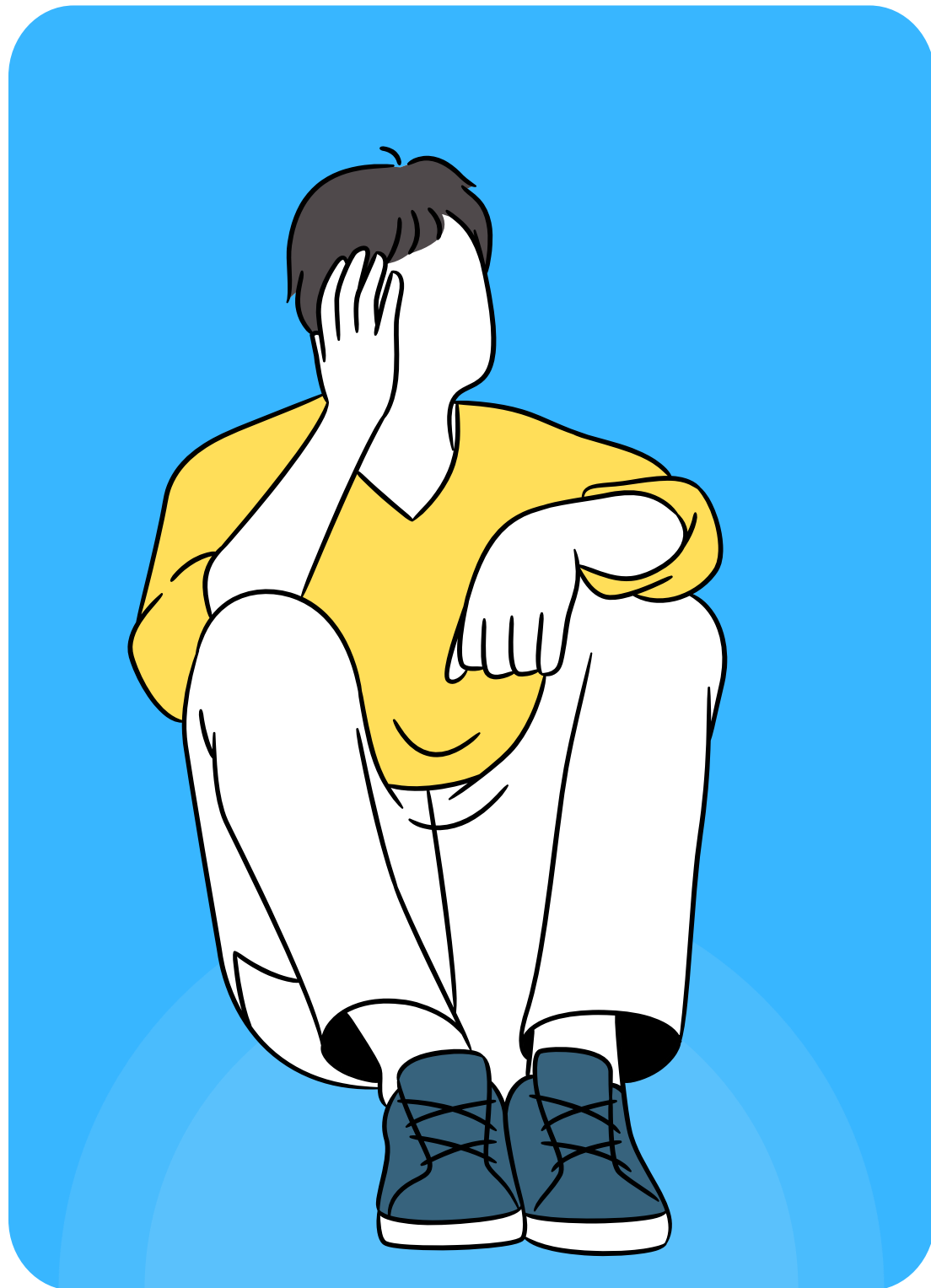
Overall what was your satisfaction with this program?



**What may be
contributing to your
fatigue?**



**Let's talk about
sleep...**



Sleep:

- Half of all cancer patients have trouble sleeping
- Sleep problems include:
 - Being unable to fall asleep
 - Being unable to stay asleep
 - Poor quality of sleep
 - Snoring
 - Feeling drowsy or having difficulty with concentration during the day
- It is normal to wake up 1-2 times each night! But not normal to stay awake.



What causes Sleep Problems?

- Physical changes caused by cancer or surgery
- Stress about having cancer or a recurrence
- Side-effects of medications
- Being in hospital
- Health problems not related to cancer

When should I see a doctor about my sleep problems?

My sleep problems...

- Stop me from doing things I enjoy
- Make it hard for me to do my work
- Make it hard to visit or socialize with people
- Make it hard to take care of my family
- Make it harder to do activities I can usually do easily
- Make it hard to concentrate
- Make me drowsy or fall asleep during the day time
- My emotions and feelings are affected
- Worry me
- Make me snore loudly
- Worry my family bc they have noticed pauses in my breathing when I'm asleep
- Happen 3 nights or more during the week



Treatments for Sleep issues

**Stimulus
control**

**Sleep
Restriction**

**Relaxation
Therapy**

Let's talk about sleep and what can cause sleep troubles

1

Caffeine less than 6 hours before going to sleep. As alcohol, nicotine, and recreational drugs.



2



Physical activity or eating heavy before bed.

3

Frequent or long napping during the day.



4

Screens and bright lights an hour before bed can excite your brain.



5

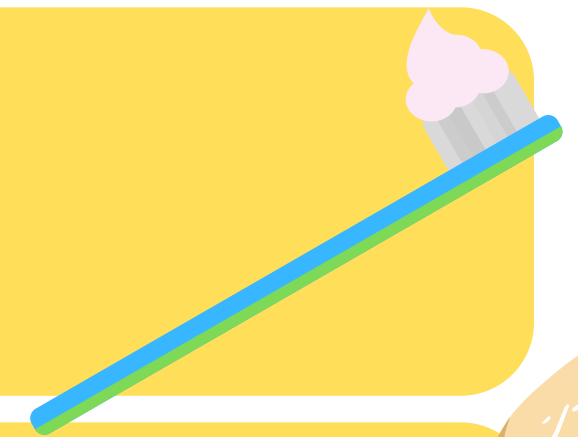
Using your bed for other activities (e.g., work, reading, watching TV).

Let's talk about ways to improve sleep



1

Developing a bedtime routine.



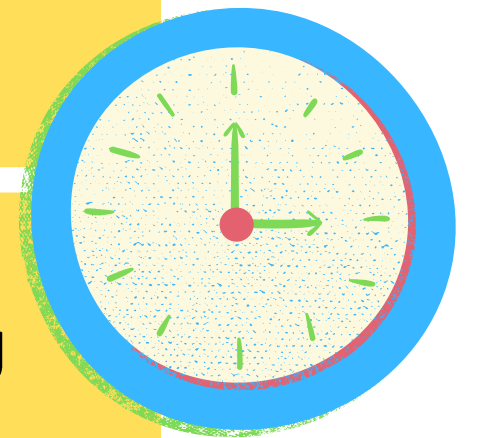
2

Relaxing one hour before bed (e.g., meditation, prayer, journaling, self-care).



3

Getting out of bed and going to another room to do a relaxing activity if you have trouble falling asleep for more than 15 mins.

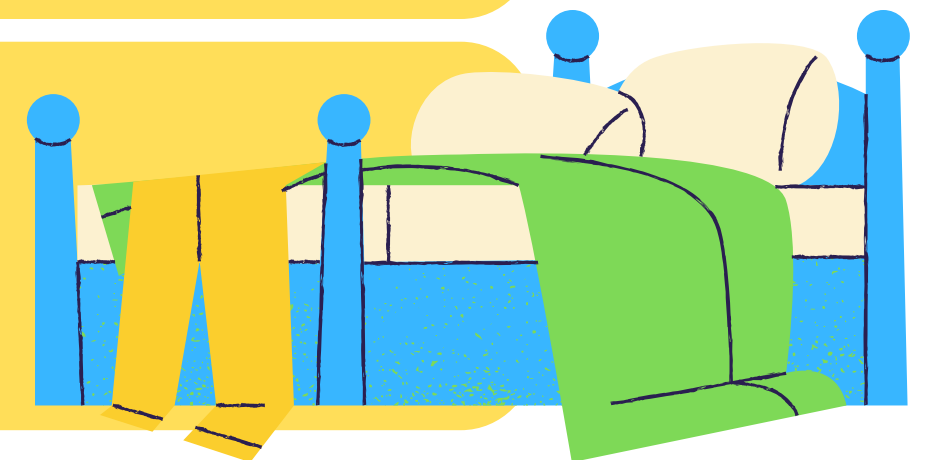


4

Going to bed at the same time and waking up at the same time each day.

5

Using your bed for sleep and sexual activity only.



Progressive Muscle Relaxation

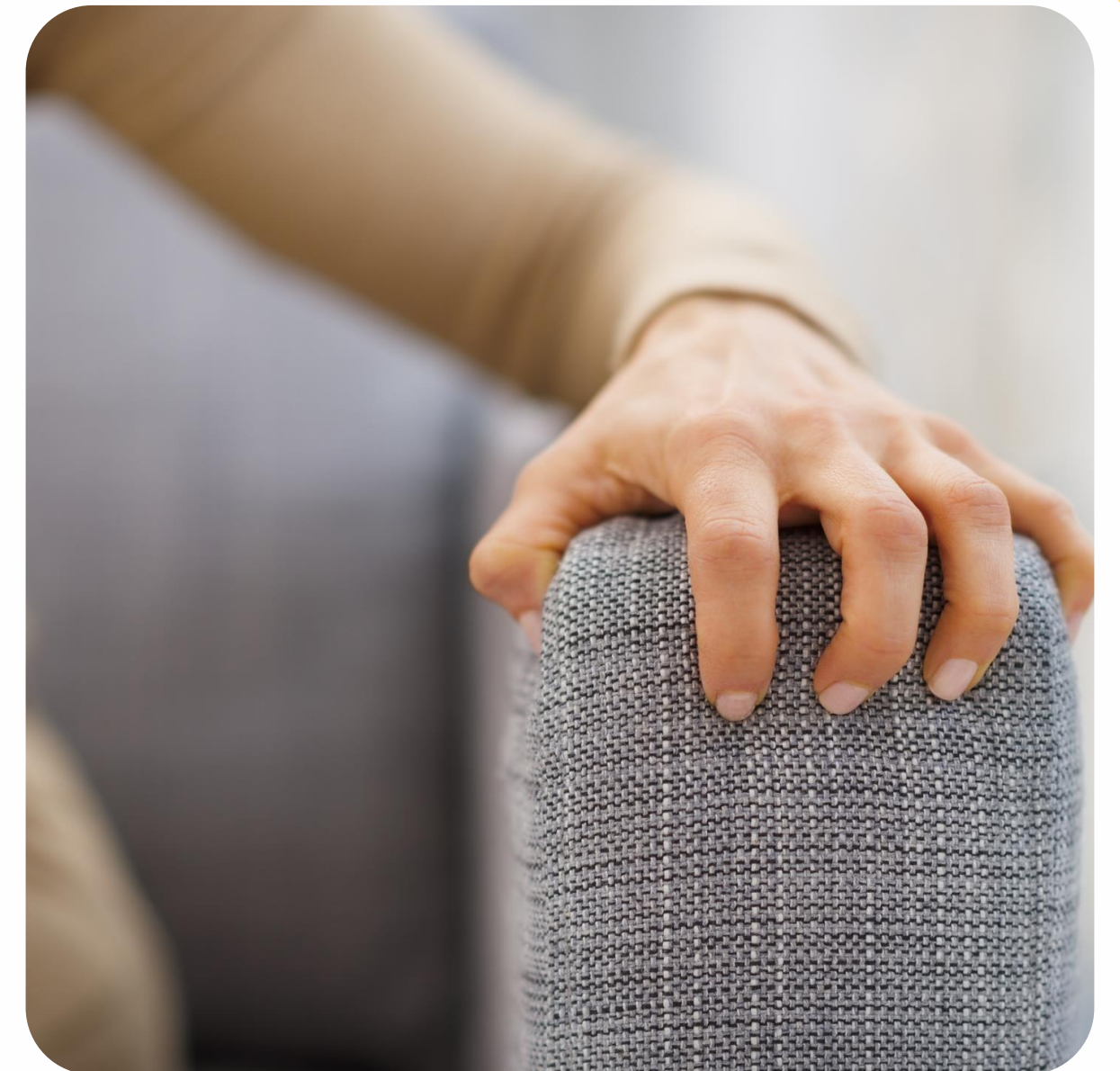
We hold tension in our bodies

Anxiety, anger, and stress can be felt in the body (i.e., increased heart rate, sweating, muscle tension)

PMR: tense different muscle groups from head to toe, hold the tension, and release.

Tons of benefits: lower overall tension, anxiety, and stress, improve sleep, helps us recognize early signs of tension, and works as a gentle physical activity!

Note: You should never feel intense or shooting pain during PMR.





How does relaxation help with the physical type of fatigue?

- CrF can make you feel sleepy or tired during the day.
- Naps can impact our sleep = more fatigue = more naps needed during the day. It's a cycle!
- Practice PMR before bed to help you fall asleep
- OR replace naps during the day with PMR to re-energize without impacting your sleep!

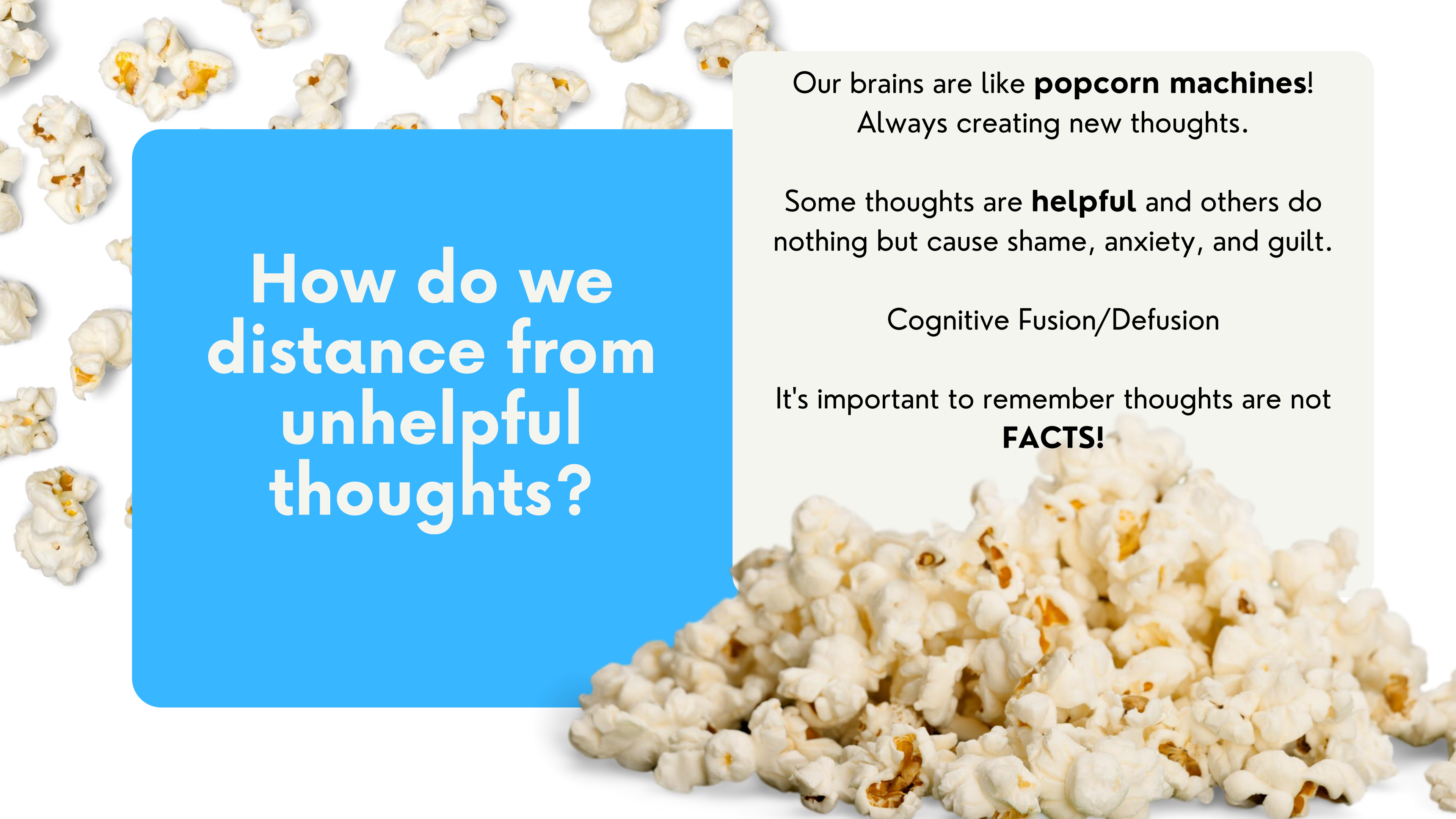


**Practicing PMR
daily for 20
minutes has
been found to
reduce cancer-
related fatigue!**

**Which sleep habits
do you do?**

**Which new ones
would you like to
try?**



The background of the slide is white, with numerous pieces of white popcorn scattered across it. Some popcorn is piled up in the bottom right corner, while other pieces are scattered throughout the top and left sides. The text is contained within two colored boxes: a blue box on the left and a light green box on the right.

How do we distance from unhelpful thoughts?

Our brains are like **popcorn machines!**
Always creating new thoughts.

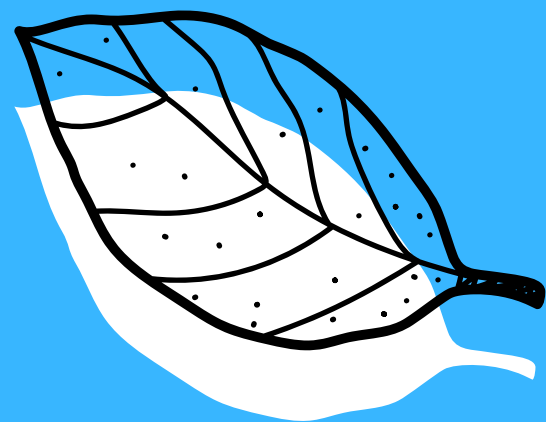
Some thoughts are **helpful** and others do
nothing but cause shame, anxiety, and guilt.

Cognitive Fusion/Defusion

It's important to remember thoughts are not
FACTS!

Sushi Train





Leaves on a
stream



I notice...



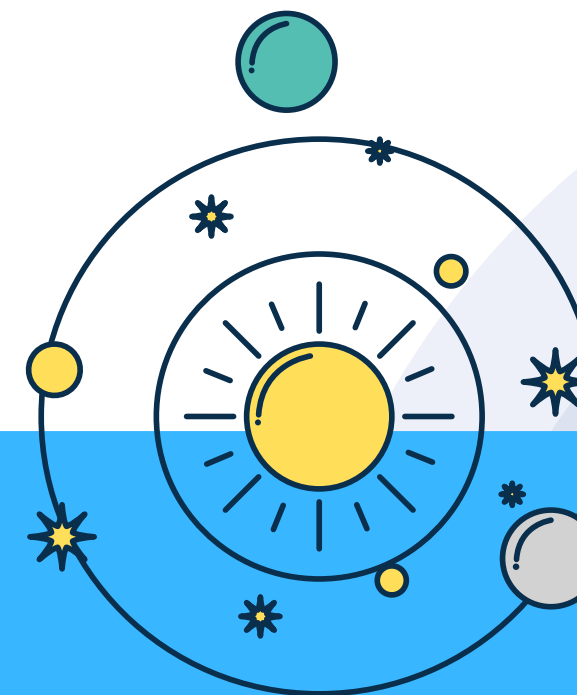
Engage of
let it go...



Say your
thought out
loud or use a
silly voice



Welcome
thoughts...

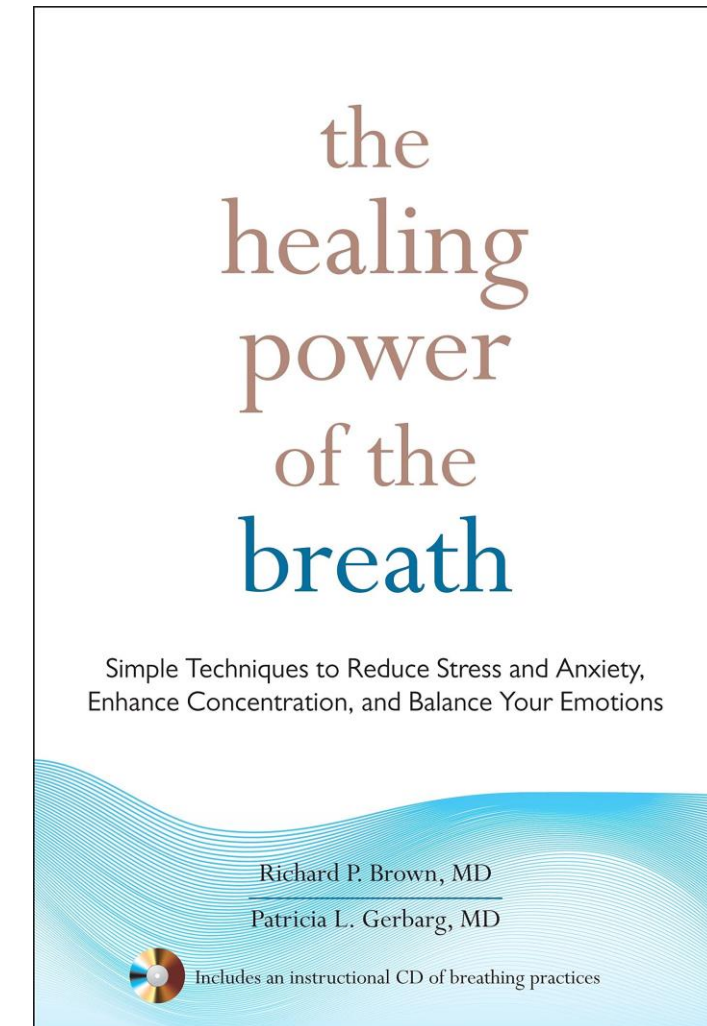
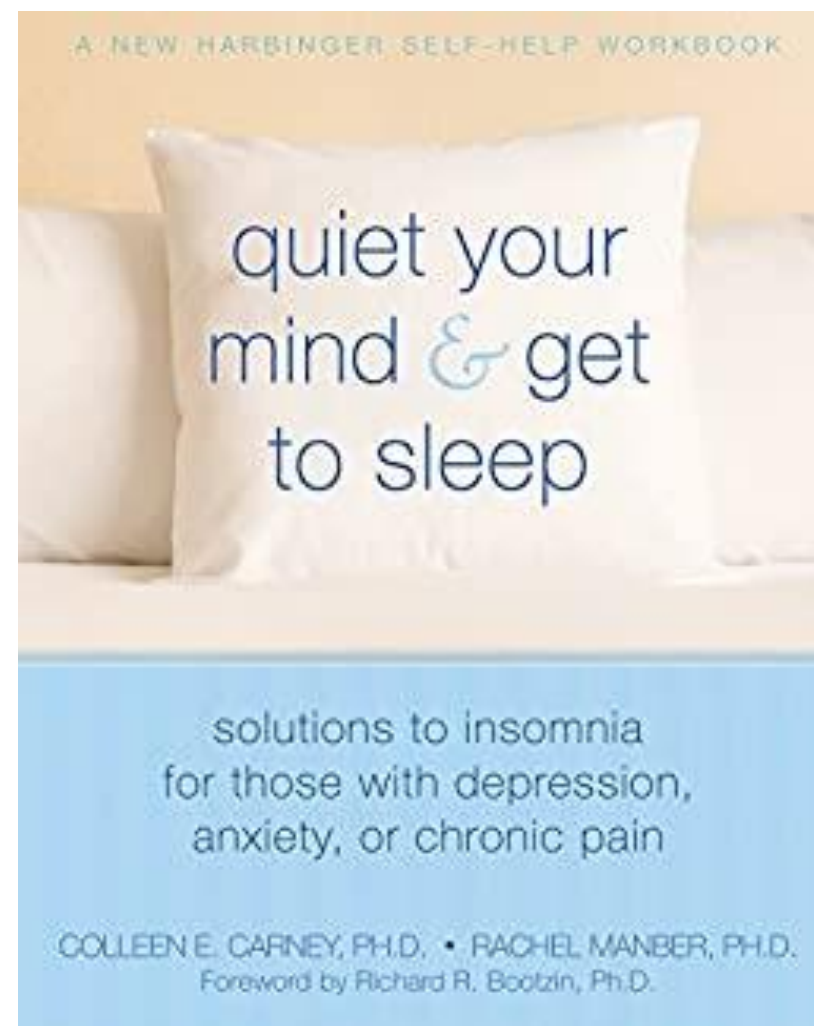
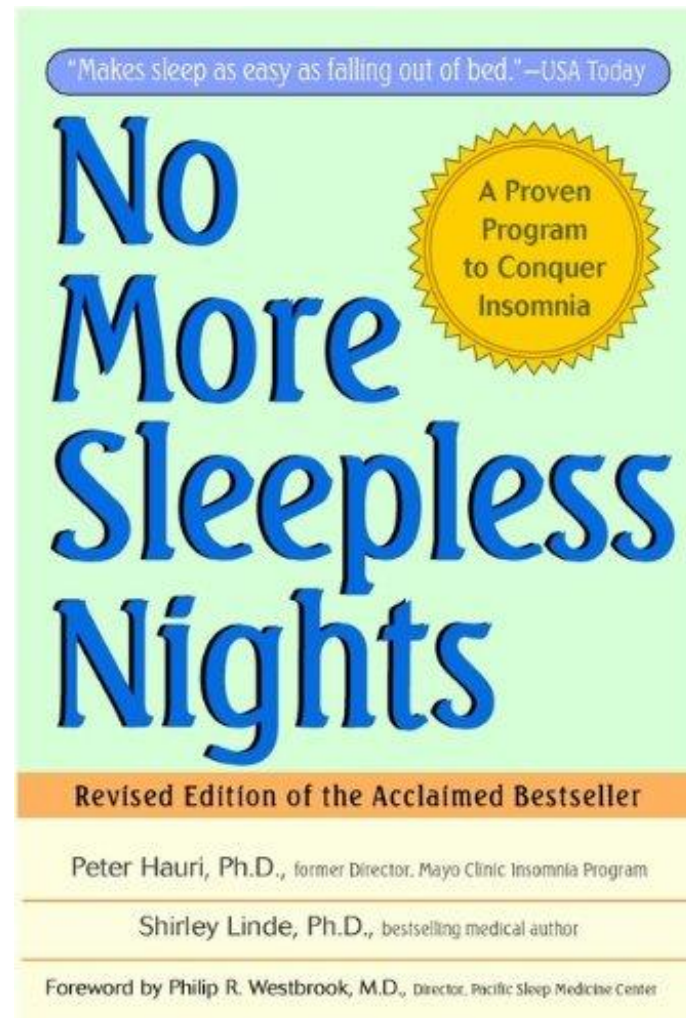
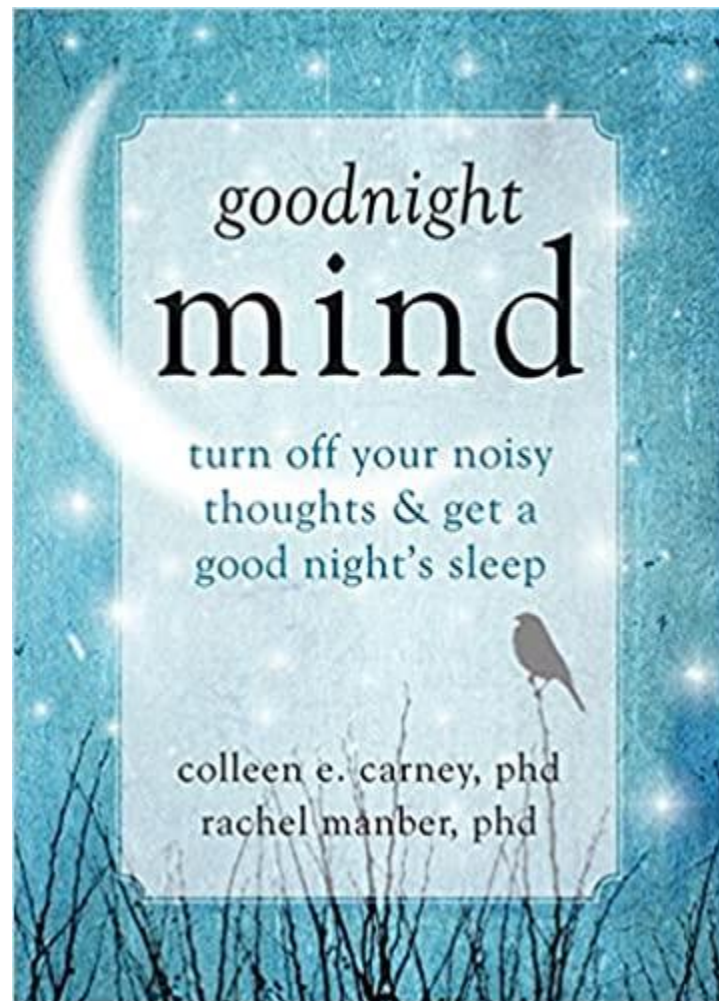


Remind
yourself
thoughts
are not
reality.

Apps for CRF and Sleep



Books on Sleep for Cancer Survivors



**Questions or
comments?**

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