

Interventions to Manage Cancer-Related Fatigue and Support Physical Activity

Why This Matters

- As more people are living with cancer, there is a need for interventions that support health management.
- Cancer-related fatigue is a common side effect that reduces physical activity and limits people's ability to complete daily activities.
- Occupational therapy practitioners (OTPs) can support people living with cancer to develop, manage, and maintain health and wellness routines to address cancer-related fatigue and physical activity.

Managing Cancer-Related Fatigue and Physical Activity

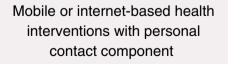
Evidence-Based Interventions



Motivational Strategies (e.g., motivational interviewing)



Behavior-change Techniques (e.g., goal setting, monitoring activity level, shaping knowledge through feedback)





Supervised or unsupervised moderate exercise with internet-based self-care management focused on cancer-related fatigue

Find the Evidence:

Visit https://research.aota.org to review the Systematic Review Briefs on this topic

