

HOT Evidence

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)



Mobile or internet-based health interventions with personal contact component



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

Find the Evidence:

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