

FATIGUE IN CHRONIC DISEASES

A PATIENT'S EXPERIENCE



SYMPOSIUM FATIGUE IN CHRONIC DISEASES
KNAW, Amsterdam, 29 November 2016
Betty Frankemölle

INTRODUCTION

- About myself
- My chronic diseases
- What does chronic fatigue mean to me?
- How do I cope with fatigue?

SOME EXAMPLES IN DAILY LIFE



Start
the day
with a
SMILE

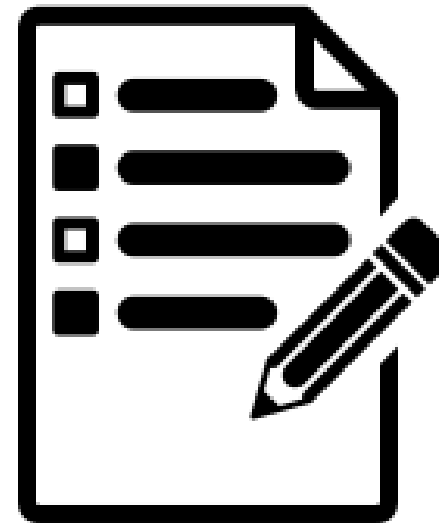


dreamstime.com



HOW DO I COPE WITH FATIGUE?

- TAKE ENOUGH TIME AND REST REGULARLY
- MAKE CHOICES
- MAKE A PLAN
- TAKING A SHOWER
- STAY ACTIVE
- ASK FOR HELP
- USE A CARE-PLAN



HELP FROM OTHERS

- PSYCHOLOGIST
- OCCUPATIONAL THERAPIST



SITUATION NOW

- STILL TIRED BUT I CAN COPE AND LIVE HAPPY LIFE.

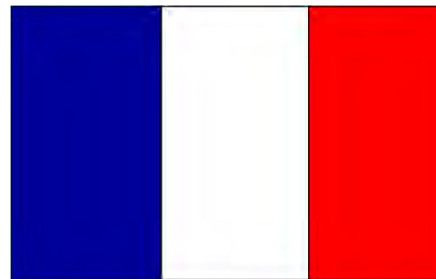


European Patient Ambassador Programme

8 modules

[www. EPAPonline.eu](http://www.EPAPonline.eu)

Available in English, Italian, French and Dutch, more languages to come.



THANKS FOR YOUR ATTENTION!
QUESTIONS?

