

Non-Pharmacological Interventions for Fatigue in Lung Cancer Patients

Sydney Robey, Micah Stewart, & Melody Trickett



COLLEGE of
NURSING

EAST TENNESSEE STATE UNIVERSITY



EAST TENNESSEE STATE
UNIVERSITY

Introduction & Background

- One of the most common and debilitating side effects of cancer is fatigue (Mosher et al., 2019).
- Fatigue is a general feeling of tiredness or weakness.
- It can have a profound impact on a patient's ability to perform day to day activities and cause emotional distress leading to anxiety and depression.
- The emotional distress and impact can greatly decrease a patient's quality of life (Mosher et al., 2019).
- There has been an increase in research to look at the effectiveness of non-pharmacological interventions on improving cancer patients' fatigue (Jaya & Thakur, 2020).

Purpose

- The purpose of our research is to look at the effectiveness of different types of non-pharmacological interventions on improving fatigue in lung cancer patients.

Literature Review & Methods

- PubMed and Science Direct through the ETSU library were used to locate the articles

- Only articles that were peer reviewed, open access, and available online were used.
- Articles that were published in 2016 or before were eliminated
- A total of five articles were selected to be reviewed:
 - One article for the Progressive Muscle Relaxation therapy
 - One article for the Physical Therapies
 - One article for the PERMA framework
 - One article for light exercise
 - One literature review

Findings

The following interventions were found to be helpful in reducing fatigue in lung cancer patients:

- Progressive muscle relaxation therapy (PMR) (Jaya & Thakur, 2020)
- Physical therapies such as acupressure, acupuncture, and transcutaneous electrical acupoint stimulation (Ma et al., 2020)
- Psychological intervention using positive emotion, engagement, positive relationships, meaning, and accomplishment framework (PERMA) (Tu et al., 2021)
- Light exercise and balance programs (Hoffman et al., 2017)

PROGRESSIVE MUSCLE RELAXATION

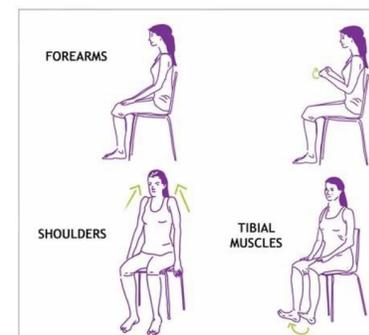


Figure 1



Figure 2

PERMA model of well-being



Figure 3



Figure 4

Conclusions & Implications

- Non-pharmacological interventions for fatigue, compared to traditional pharmacological treatments, prove to have fewer adverse side-effects and risks for the patient (Ma et al., 2020).
- These interventions are a safer and effective option in managing the distressing symptoms like fatigue in lung cancer patients.
- Nurses can learn PMR techniques to assist patients.
- Ambulating the patient for a few minutes a day can help decrease side effects (Hoffman et al., 2017)
- Nurses can request referrals from healthcare providers for patients who might benefit from physical therapies.
- Nurses can encourage a patient to seek psychological interventions to help with coping.