

## ***Fatigue***

Following a severe acquired brain injury the child may be prone to tiring much more readily than they did prior to the injury. This fatigue can arise through physical activity or through thinking/schoolwork activities even where there is minimal or no physical exertion. Typically, fatigue will lessen and possibly resolve over the months following the injury though in some cases it may lessen but remain as a difficulty. Recognizing fatigue, the situations in which it is most likely to occur, how long it takes to develop is crucial in managing an effective return to school.

<b>What you might see</b>	<b>What this could mean</b>	<b>Strategies</b>
<ul style="list-style-type: none"> <li>• Child frequently appears sluggish &amp; tired.</li> <li>• Child appears tired after minimal class work.</li> <li>• Behaviour deteriorates over the day.</li> <li>• School performance deteriorates over the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue related to ABI.</li> <li>• Muscle weakness.</li> <li>• Disrupted sleep pattern. This can be a problem in the early stages of post-hospital recovery.</li> </ul>	<ul style="list-style-type: none"> <li>• Use of locker or two sets of text books – one for home and one for school.</li> <li>• Avoid carrying bag between classes.</li> <li>• Provide opportunities for regular changes in posture.</li> <li>• Regular rest breaks.</li> <li>• Consider partial return to school – shorten days initially.</li> <li>• Monitor safety as fatigue increases.</li> <li>• Alternate difficult and easy tasks.</li> <li>• Decrease the amount of time spent doing a task.</li> <li>• Choose the child's best time of the day for difficult tasks.</li> <li>• Expect the child to stay on task for short periods initially and gradually increase with time.</li> </ul>