



**Patient Knowledge Assessment Tool – Fatigue
(True or False)**

Subject ID # _____

Nurse _____

Phase II

Baseline

True False

- ___ ___ 1. Fatigue is the feeling of being tired physically, mentally, and emotionally.
- ___ ___ 2. Cancer-related fatigue is the most common side effect of cancer and its treatment.
- ___ ___ 3. Fatigue levels can be described as none, mild, or moderate, or severe, or you can use a scale of 0 to 10.
- ___ ___ 4. Chemotherapy causes fatigue because of the destruction of healthy cells like red blood cells and higher energy needed to repair tissue damage.
- ___ ___ 5. Fatigue always occurs by itself.
- ___ ___ 6. There are seven common conditions that play a significant role in fatigue: pain, emotional distress, anemia (low red blood cells), sleep problems, other illnesses / comorbid inactivity / deconditioning, and nutritional problems.
- ___ ___ 7. Exercise requires more energy which can lead to more effort when you do your usual activities.
- ___ ___ 8. A common self-care measure to reduce fatigue is to balance rest and activities.
- ___ ___ 9. If you are really tired, you should stay in bed all day.
- ___ ___ 10. If your fatigue does not get better, keeps coming back, or becomes severe, you should call your doctor.
- ___ ___ 11. The combined effect of cancer treatment and reduced physical activity often decreases your energy level and your physical performance.
- ___ ___ 12. It is important to talk with your doctor about how to keep your pain, nausea, and depression under control because these factors might make your fatigue worse.
- ___ ___ 13. Keeping a journal to keep track of your energy level throughout the day is a helpful way to monitor your fatigue.
- ___ ___ 14. Having too few red blood cells may result in too little energy to meet your body's needs.
- ___ ___ 15. Sometimes depression and anxiety become so great that they cause physical symptoms like fatigue.



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Answer and reference to page # in NCCN Patient Guideline

1. *True, page 5*
2. *True, page 6*
3. *True, page 7*
4. *True, page 7*
5. *False, page 7*
6. *True, page 8*
7. *False, page 11*
8. *True, page 12*
9. *False, page 11*
10. *True, page 12*
11. *True, page 11*
12. *True, page 12*
13. *True, page 12*
14. *True, page 7*
15. *True, page 8*