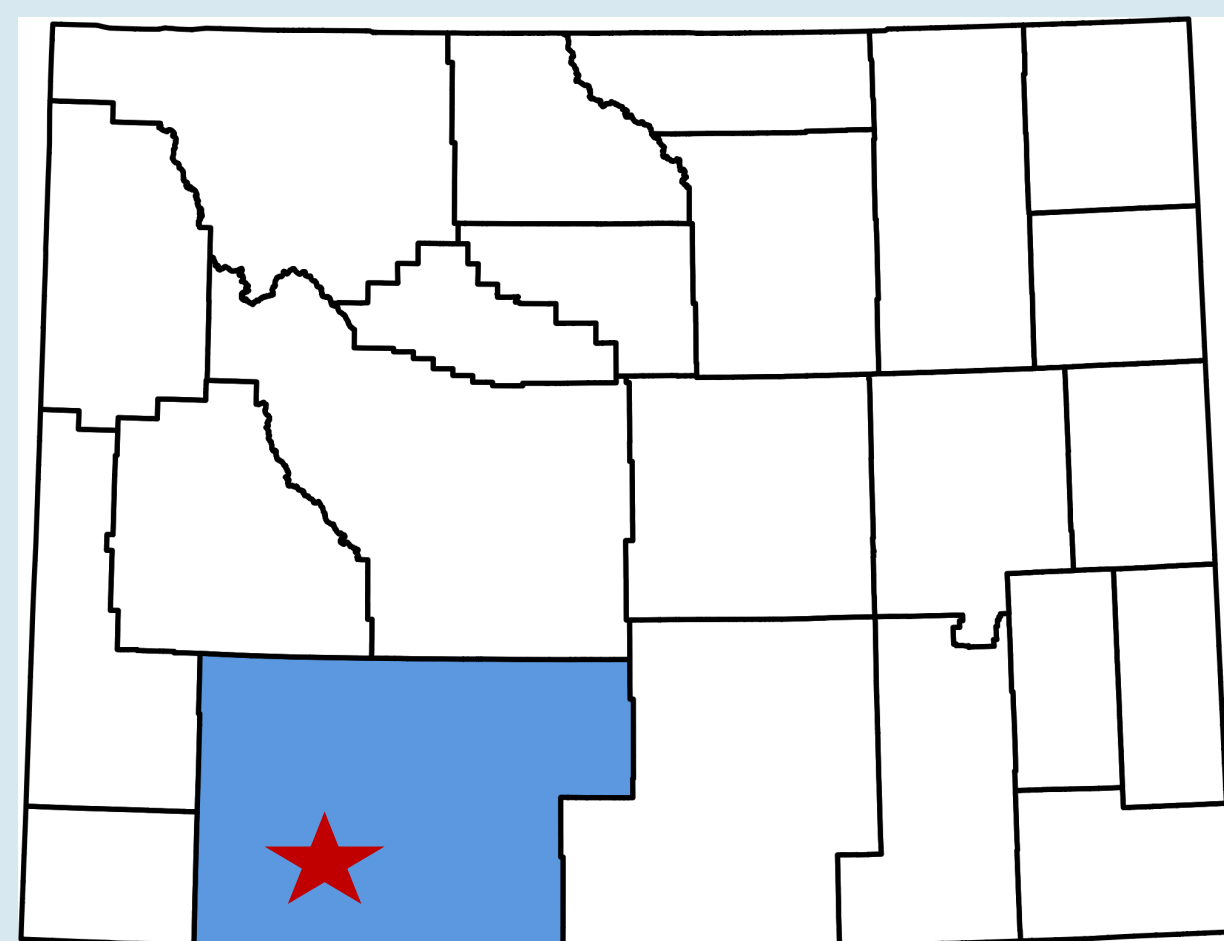


Addressing The Increasing Signs Of Fatigue Post-Pandemic In Rock Springs, Wyoming

Hypothesis
Screening with a Fatigue Assessment Scale (FAS) will provide early intervention to address physical and/or mental fatigue in primary care clinics, in Rock Springs, Wyoming.

Background

- Fatigue negatively impacts physical and emotional well-being of patients
- Fatigue has been poorly understood, due to its complex differential diagnosis, ranging from endocrine and respiratory to psychiatric disorders
- In Wyoming, there has been an increase in anxiety and depression symptoms during the pandemic
- Additionally, State budget cuts have caused a reduction in mental health services



Location of Rock Springs, Wyoming

Community Profile

- Rock Springs is a small town with population of 23,238 in Wyoming
- In Sweetwater County, primary care physicians see an average of 2,532 patients/year, whereas mental health providers only see about 399 patients/year
- There are about 6 primary care clinics and 2 mental health counseling services in Rock Springs

Literature Review

- Currently, primary care clinics have been assessing daytime fatigue from lack of sleep using the Epworth Sleepiness Scale
- The FAS has been previously shown to be useful and valid in many patient populations such as those with sarcoidosis
 - Assesses Physical and Mental Fatigue through ten statements, including two reverse questions

Fatigue Assessment Scale

Name: _____ DOB: _____ Date: _____

For each statement, choose one out of the five answer choices from Never to Always.

- Never
- Sometimes (about monthly or less)
- Regularly (about a few times a month)
- Often (about weekly)
- Always (about everyday)

	Never	Sometimes	Regularly	Often	Always
1. I am bothered by fatigue.					
2. I get tired very quickly.					
3. I don't do much during the day.					
4. I have enough energy for everyday life.					
5. Physically, I feel exhausted.					
6. I have problems to start things.					
7. I have problems to think clearly.					
8. I feel no desire to do anything.					
9. Mentally, I feel exhausted.					
10. When I am doing something, I can concentrate quite well.					

(Adapted from Journal of Health Psychology: Measuring Fatigue in Sarcoidosis Patients, using the Fatigue Assessment Scale; DOI: 10.1348/1359107041557048.)

Fatigue Assessment Scale Questionnaire (Adapted from Journal of Health Psychology: Measuring Fatigue in Sarcoidosis Patients)

Community Health Project Design

- Implement an easy 3-minute FAS questionnaire in primary care clinics to determine fatigue levels
- Screening tool can also be used in other departments of the hospitals such as cardiopulmonary rehabilitation and mental health counseling

Deliverables

- Partnered with a Rock Springs Family Practice, primary care clinic to integrate screening for fatigue amongst patients
- Provided adapted FAS questionnaire to the clinic staff along with an instruction sheet for how to score for fatigue
- FAS questionnaire can be added to the patients Electronic Health Records to track fatigue

Next Steps

- Increasing screening with FAS along with history of present illness and physical exam will help address fatigue and guide the diagnosis process by indicating different clinical tests, blood tests, imaging studies, physical therapy, rehabilitation, and/or medications



View of Rock Springs, Wyoming

Acknowledgments

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