Abstract

Introduction: Fatigue is a subjective sense of weakness, lack of energy, and tiredness. It is a common complaint and debilitating symptom that has a considerable effect on quality of life and well being. The aim of this article is describing and nursing care in fatigue.

Material and method: This study is a review article that has been done to base on searching in library and internet in 2000 - 2009.

Results: The prevalence of fatigue in primary care patients is common and estimated to occur in 6–45% of patients. Fatigue, a common symptom reported by people, is a nonspecific and invisible symptom and is a phenomenon that is poorly understood by healthcare professionals.

Conclusion: Nursing interventions should be focused on both psychological problems as well as on physiological problems. In order to improve care and promote patient’s quality of life, nurses should understand the comprehensive assessment of fatigue and work with patients to initiate a range of strategies and interventions to address it.

Keywords: Chronic fatigue, Fatigue, Nursing

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