

SOS POLITICAL SCIENCE AND PUBLIC ADMINISTRATION

MBA HRD 405

SUBJECT NAME: INDUSTRIAL PSYCHOLOGY

TOPIC NAME: FATIGUE

FATIGUE



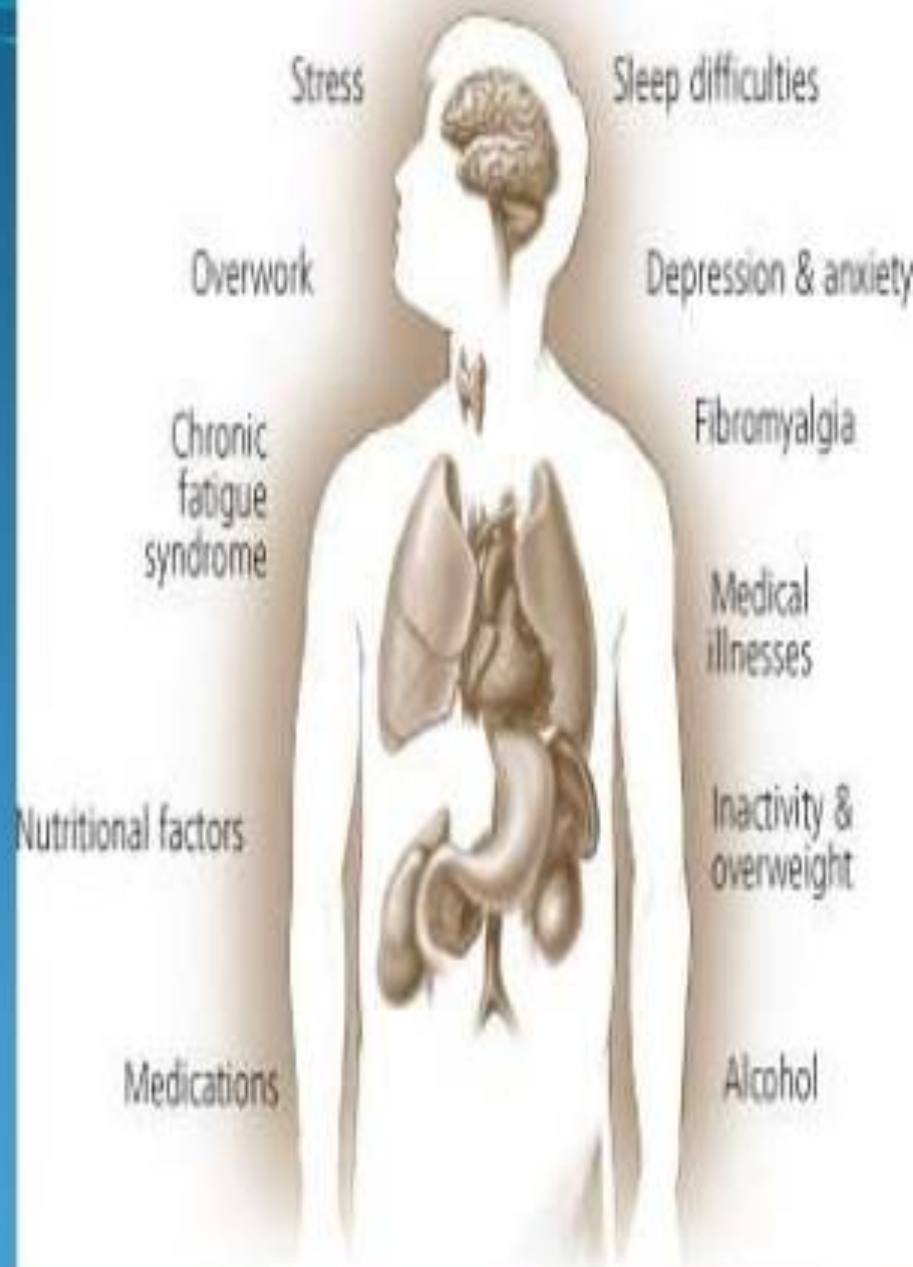
DEFINITION



- Fatigue Is a Complex State Characterized by a Lack of Alertness and Reduced Mental and Physical Performance, Often Accompanied by Drowsiness.¹
- A subjective lack of physical and/or mental energy that is perceived by the individual or caregiver to interfere with usual and desired activities. (according to [Multiple Sclerosis Council for Clinical Practice Guidelines](#))²

CAUSES³

- lack of sleep
- long work hours
- shift rotation
- noise
- vibration
- boring work
- too much stress
- alcohol
- drugs
- worries
- illness
- advancing age



WORK SCHEDULE

3



Rotations
Hours
Off Days



JOB LIFE

Mood
Health
Safety
Productivity

HOME LIFE

Eating
Sleeping
Family
Recreation



SIGNS AND SYMPTOMS⁴

- Forgetfulness
- Poor Communication
- Impaired Decision - Making Skills
- Lack of Alertness
- Slow Reaction Time
- Withdrawn Behavior
- Quick to Anger
- No Sense of Humor
- Lack of Interest
- Always Tired.



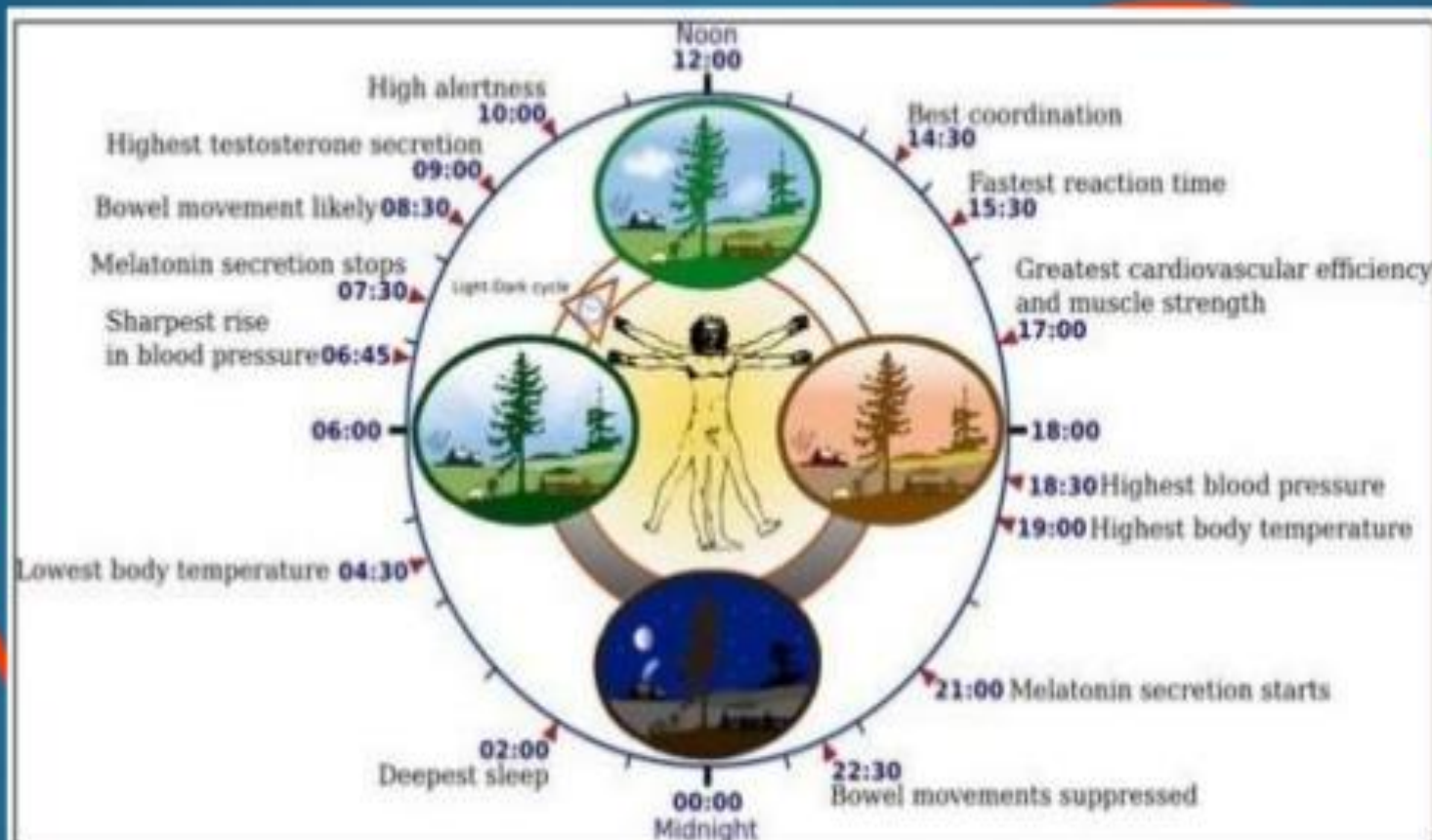
PATHO-PHYSIOLOGY⁵

- Depletion of –
 - Phosphocreatinine
 - Glycogen
- Accumulation of –
 - Lactate
 - Calcium



CIRCADIAN CLOCK (BIOLOGICAL CLOCK)

6



Biological clock human Credits: YassineMrabet
http://commons.wikimedia.org/wiki/File:Biological_clock_human.PNG

CLASSIFICATION^{7,8,9}

- Physical or Mental.
- Central & Peripheral
- Acute Fatigue and, Chronic Fatigue Syndrome.
- Compassion Fatigue.



PHYSICAL FATIGUE¹⁰

- A Decrease in Physical Performance
- A Feeling of Muscle Discomfort or Soreness
- Lack of Energy.



MENTAL FATIGUE¹¹

- Tired and Drowsy Due to Loss of Sleep
- Loss of Concentration And / Or Alertness
- Diminished Levels of Creativity and Logic.

CHRONIC FATIGUE SYNDROME¹²

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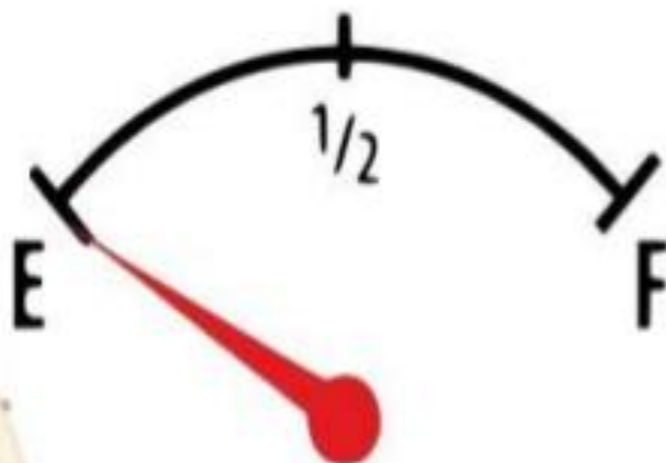
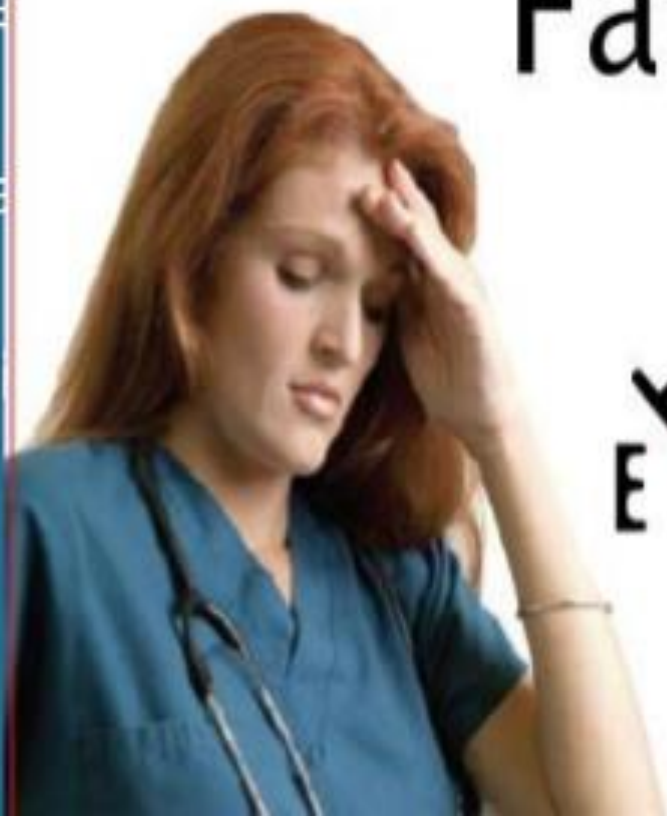


COMPASSION FATIGUE¹³

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Compassion

Fatigue



WHY SHOULD WE CHECK?

- Exercise schedule, duration & intensity.
- Unwillingness, days-off during treatment.
- Reduced response to treatment.
- Further complications.

ASSESSMENT



- Fatigue severity scale (max.- min.)
- Multi dimensional fatigue inventory (max.- min.)
- Brief fatigue inventory (max.- min.)

MANAGEMENT OF FATIGUE¹⁴

- SLEEP STRATEGIES
- DIET and NUTRITION
- FAMILY and SOCIAL INTERACTION
- HEALTH and FITNESS
- STRESS MANAGEMENT
- DRUG and ALCOHOL COUNSELING



THANK YOU