Cancer-Related Fatigue in Psychosocial Oncology: Practical Skills for Evidence-Based Assessment and Management

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SUBMISSION DETAILS

Overall Abstract Cancer-related fatigue (CRF) is among the most common, distressing, and persistent symptoms experienced by individuals with cancer, affecting patients across the disease trajectory and often extending into long-term survivorship. CRF is associated with substantial impairments in physical and cognitive functioning, emotional well-being, social participation, and quality of life. Although evidence-based guidelines recommend routine screening and management of fatigue, many psychosocial oncology professionals report limited training in the assessment and treatment of CRF and uncertainty regarding how to translate research findings into clinical practice.

This interactive workshop is designed to equip psychosocial oncology professionals with practical, evidence-based skills for the assessment and management of CRF across diverse oncology populations and settings. Drawing upon expertise from cancer rehabilitation, psychology, psychiatry, and pediatric/adolescent and young adult (AYA) oncology, facilitators will provide attendees with clinically actionable tools that can be immediately integrated into practice. The workshop will provide attendees with an overview of CRF, including its prevalence, clinical presentation and etiology, risk factors, and underlying biopsychosocial mechanisms while maintaining a strong emphasis on clinical application. Participants will learn how to identify patients at risk for clinically significant fatigue, conduct focused fatigue assessments, and distinguish CRF from related concerns such as depression, anxiety, sleep disturbance, pain, and treatment-related side effects.

Workshop facilitators will introduce evidence-based approaches to fatigue management, including self-management techniques, activity pacing and energy conservation, physical activity and exercise promotion, cognitive-behavioral strategies, sleep optimization, and the appropriate use of pharmacologic and integrative approaches. Participants will learn how to select and interpret validated patient-reported outcome measures, formulate individualized case conceptualizations, and develop multidisciplinary treatment plans that target modifiable behavioral, psychosocial, and

physical contributors to fatigue. The workshop will also address common clinical challenges, including managing fatigue in patients with advanced disease, supporting long-term survivors with persistent fatigue, and adapting assessment and treatment strategies to meet the needs of diverse patient populations, including pediatric and adult populations, across the cancer continuum.

Through case-based learning, group discussion, and applied exercises, attendees will have opportunities to practice clinical decision-making and explore strategies for integrating fatigue assessment and management into a range of psychosocial oncology settings. Particular attention will be given to interventions that can be feasibly implemented by psychologists, social workers, counselors, psychiatrists, and other psychosocial oncology professionals as part of routine care. This workshop will provide attendees with immediately applicable tools and resources to enhance the quality of fatigue care delivered to patients with cancer and cancer survivors.

Learning Objectives

Learning Objective #1 To apply evidence-based approaches to screening and assessing cancer-related fatigue.

Learning Objective #2 To identify behavioral, psychological, and contextual factors that contribute to fatigue onset and persistence and to develop individualized fatigue management plans informed by current clinical practice guidelines and up-to-date empirical evidence.

Learning Objective #3 To implement multidisciplinary, evidence-based treatment strategies for cancer-related fatigue management through appropriate referral and intervention.

Does your submission directly address equity in psychosocial oncology as related to age, race, ethnicity, religion, culture, language, disability, socioeconomic status, sexual orientation, gender identity and/or expression? No

Speaker Consent & Release of Rights I CONSENT: I have read and agree to the above terms and conditions. My presentation may be recorded by any means, including through the App, and made available to attendees and for other uses as described herein.

Signature Ashley Nelson

DISCLOSURE

Financial Relationships

Disclosure No, I have nothing to disclose.

Statement 1 I Agree.

Statement 2 I Agree.

Statement 3 I Agree.