



Does COPD Cause Fatigue?

by NEWLIFEOUTLOOK TEAM

COPD Fatigue Facts

If you have shortness of breath in COPD, it's likely that you also feel a great deal of fatigue. By improving your airflow with breathing positions, pulmonary rehabilitation, and breathing techniques such as pursed lip breathing, you will likely notice you're not as fatigued. The more efficient you are at getting oxygen into your body and the more effectively your muscles use oxygen, the more you'll be able to do. Your muscles can learn how to effectively use oxygen with exercise but you may have issues with exercise due to your shortness of breath as well. Practice breathing techniques until they're second nature so you can easily rely on them when you're exercising. Start off exercising with what you can do and then improve upon that gradually.

Tired
Weak
Exhausted
Weary

Worn-Out
Heavy
Slow
Lethargic

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Lack of Motivation
Lack of Energy
Wearing Out Easily
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NINE
Questions,
each rated on a scale of
1-7

To score the Fatigue Severity Scale either **add all items** together (this will range from 7-63) or **find the mean** by adding your items together and dividing

In either case, the **higher the number**
you calculate is, **the more fatigued**
you are.

1. Canadian Centre for Occupational Health and Safety
<http://www.ccohs.ca/>
2. National Cancer Institute
<http://www.cancer.gov/>
3. National Library of Medicine
<http://www.nlm.nih.gov/>
4. National Parkinson's Foundation
<http://www.parkinson.org/>
5. United States Department of Agriculture