

Tiredness

It's common to feel tired when you have kidney disease. Even if you rest or get lots of sleep, you can still feel exhausted and have no energy. Fatigue can have many causes, including low iron or vitamin D, and a build-up of toxins in your body caused by your failing kidneys. There's no easy way to deal with fatigue. Instead, you may want to try different ways to try to improve or save your energy – you may need to be a bit creative in how you go about your day.

Your healthcare team may be able to help you apply for a parking placard. This is a special tag for your car so you won't have to walk as far when you go out. You may also be able to have your bloodwork done at home.

What are some tips to improve my energy?

- Exercise can help (speak with your care provider).
- Ask your care provider about an eating plan that's best for you. You can ask for a referral to a dietitian.
- Ask your healthcare team how you can get started with using relaxation therapy or stress management techniques.
- Try complementary treatments, such as acupressure or acupuncture.

What are some tips to conserve my energy?

Daily Living

- Sit down to bathe.
- Wear a terry bathrobe to dry off. Install hand rails in the bathroom.
- Installing bars, not just in the bathroom, but any place where you might need to reach for extra support while moving around such as the kitchen, bedroom, laundry room.
- Place chairs around your home so you can stop and rest (for example, at the top and bottom of the stairs).
- Ask your Home Care provider about equipment in the house to make life easier such as a walker, cane, commode, urinal, etc.
- Try to rest before you get too tired.

Housekeeping

- Spread tasks over the week.
- Do housework sitting down if possible (for example, sit down to iron).
- Ask someone to help you with shopping and laundry.
- Drag or slide heavy items instead of lifting them.
- Keep a small trash can in each room.

Shopping

- Organize your list by aisle.
- Use a grocery cart for support.
- Shop at less busy times.
- Ask for help bringing your groceries to the car.

Preparing Meals

- Prepare meals sitting down.
- Soak dishes instead of scrubbing and let dishes air dry.
- Make double portions and freeze half.
- Keep items you use often near you and in easy reach (for example, keep a plate, cup, and cutlery on the counter).

Adapted from:

- *99 Questions (and more) about Hospice Palliative Care, Appendix E*
- www.kidney.org/transplantation/transaction/TC/fall14/11-tips-save-energy-changing-your-daily-routines