

Post-Stroke Fatigue Education Sessions

Fatigue is one of the most common impacts of brain injury, including stroke, and is often one of the most under recognized. Fatigue can make everyday activities harder, and the impact of fatigue can be physical, cognitive, and emotional. Knowing the signs of fatigue and learning to manage it can help with recovery.

Click on the links below to view the education sessions and learn more about fatigue.

Session 1: What is Fatigue (31 min)

<https://stream2.nshealth.ca/2024/11-28-What-Is-Fatigue>

Session 2: Fatigue Management Strategies Part 1 (19 min)

<https://stream2.nshealth.ca/2024/11-28-Fatigue-Management-Strategies-Pt1>

Session 3: Fatigue Management Strategies Part 2 (27 min)

<https://stream2.nshealth.ca/2024/11-28-Fatigue-Management-Strategies-Pt2>

Session 4: Emotional Impacts of Fatigue (36 min)

<https://stream2.nshealth.ca/2024/11-28-Emotional-Impacts-Stroke-Fatigue>