



Terri Jabaley, PhD, RN, OCN; Mary Lou Siefert, DNSc, MBA, AOCN; Nina Grenon, DNP, AOCN; Elizabeth Russell, MS, PA-C

INTRODUCTION

- ✓ Cancer-related fatigue (CRF) is one of the most prevalent and distressing symptoms associated with cancer.
- ✓ CRF is underreported
- ✓ CRF is multidimensional and subjective; adversely impacts quality of life (QOL) and interferes with functioning
- ✓ Routine screening, evaluation and management of CRF are recommended.
- ✓ Barriers to the use of existing, validated measures of CRF include linguistic and interpretation challenges and the burden of use in clinical settings.
- ✓ Patients report difficulty using numeric rating scales alone to report symptom severity, including fatigue.
- ✓ There are advantages to using pictorial images with numeric rating scales for patients to self-rate and report symptoms.

PURPOSE & METHODS

Based on an initial study with a sample of cancer patients, survivors and clinical experts, a visual fatigue scale with four pictorial representations of no, mild, moderate and severe levels of CRF was developed and initial content validity was established.

The purpose of this study was to validate the Dana-Farber Visual Fatigue Scale for self-report of CRF in adult ambulatory cancer patients.

RESULTS

Sample Demographics (n= 40)

Age	
Mean	63 years
Range	22-85 years
Gender	
Female	20 (50%)
Male	20 (50%)

Cancers Represented	
Blood	19 (47.5%)
Breast	4 (10%)
Genitourinary	2 (5%)
GI	9 (22.5%)
GYN	2 (5%)
Head and Neck	1 (2%)
Lung	1 (2%)
Neurologic	1 (2%)
Sarcoma	1 (2%)



“Bench Image” Scale:

Association with the Lee Fatigue Scale (using Cohen’s Kappa)
CI 0.50 – 0.86 (estimate 0.68), p value 2 e-11



“Battery Image” Scale

Association with the Lee Fatigue Scale (using Cohen’s Kappa)
CI 0.32 – 0.73 (estimate 0.52), p value 1.28 e-07



75% of the sample found the visual fatigue scale helpful for reporting their CRF.



77% of the sample preferred to rate CRF in more than one way, using a 0-10 number line and pictures.



Cronbach’s Alpha of 0.97% was found for the Lee Fatigue Scale in this sample

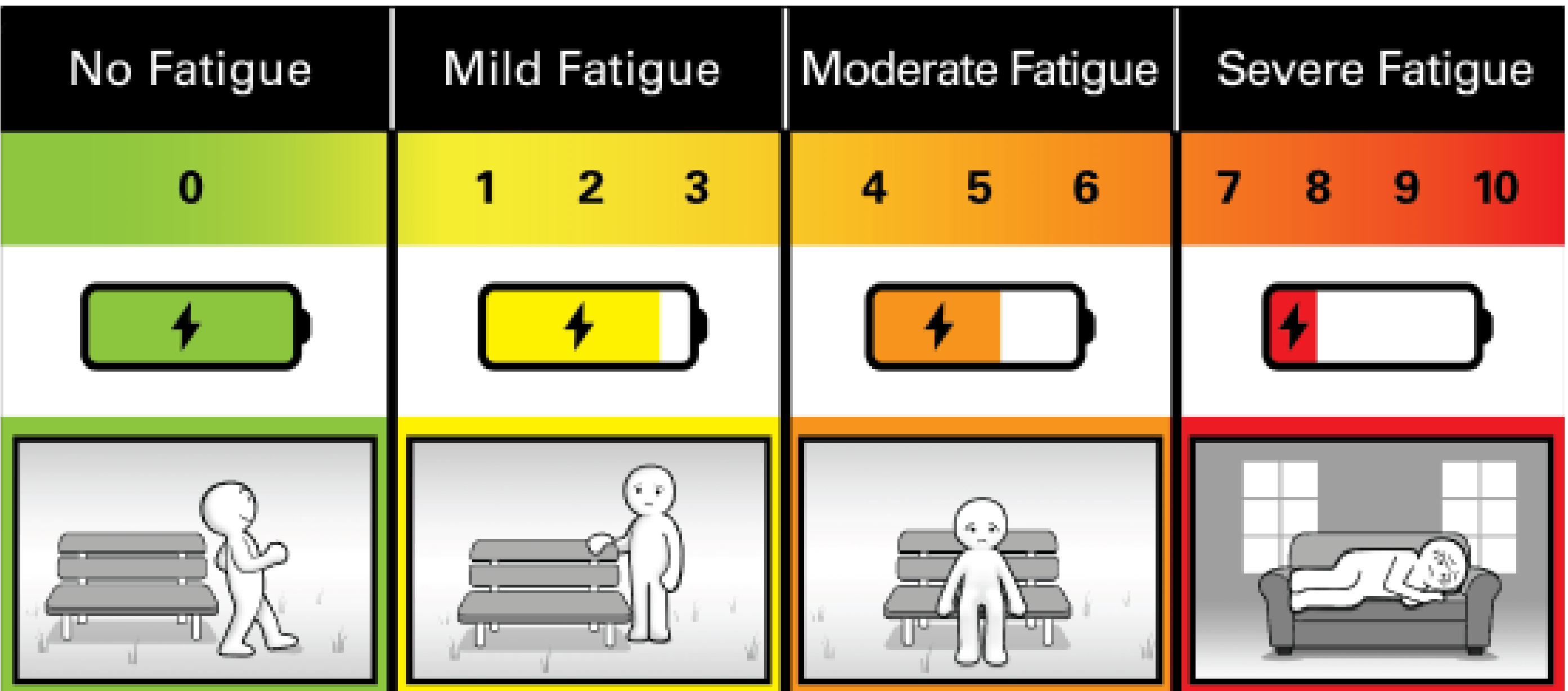


Figure 2. The Dana-Farber Visual Fatigue Scale© 2023 Dana-Farber Cancer Institute, Inc.

CONCLUSION

- Content validity and concurrent validity were established for the visual fatigue scale in a sample of patients in cancer treatment or early survivorship.
- Findings confirm that patients appreciate the ability to report CRF in more than one way, using number line and images.
- The visual fatigue scale used alone or with a number line is an efficient way for patients to self- rate, track and report CRF to their clinical team; and to monitor trends, and the effectiveness of interventions.
- The Dana-Farber Visual Fatigue Scale© may reduce language and interpretation barriers for self-reporting CRF among diverse populations.

ACKNOWLEDGEMENTS / REFERENCES - access via QR Code

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