

Dexamethasone for fatigue - series 30

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Series

Fatigue is defined as 'the subjective feeling of tiredness, weakness, or lack of energy'. It can affect people physically, emotionally and cognitively, causing significant distress and interference in usual functioning.

Fatigue is reported as being the most common and most distressing symptom encountered in palliative care patients in Australia. It affects more than 80% of patients, including patients with cancer and non-cancer diagnoses. It remains a challenging symptom to manage effectively.

Current evidence is scarce and often extrapolated from the survivorship population. Although current literature emphasises the need for a non-pharmacological approach, dexamethasone is often used in clinical practice. The most recent Cochrane review acknowledges that although dexamethasone has been shown to be superior to placebo in improving cancer-related fatigue in a single randomised controlled trial, there is still inadequate evidence to support its use for this indication. The report also highlights that it is generally not recommended for long-term management of fatigue due to its toxicity.

The aim of this Rapid series is to improve the evidence based by exploring the use, efficacy and side effect profile of dexamethasone for fatigue management.



Get involved

If you are a current UTS IMPACCT Rapid program site, go to the *Current series* web page to download the Case Report Form to commence data collection.

If you are a new site, please go to the UTS IMPACCT Rapid program Get involved page and follow the steps to join a series.

If you have any questions, please email the Rapid Program and Rapid Paediatrics Program Coordinator, Jane Hunt.

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