

# 癌因性疲憊症之臨床治療指引

## MANAGEMENT OF CANCER-RELATED FATIGUE – A GUIDELINE FOR TAIWAN –

2017年 11月 第一版



台灣癌症安寧緩和醫學會



台灣腫瘤護理學會

# 癌因性疲憊評估與治療

以VAS或BFI-T  
評估疲憊

<4分  
輕度疲憊

非藥物治療  
運動、營養飲食、  
認知行為治療、  
睡眠衛生等

≥4分  
中重度疲憊

加上藥物治療

- 癌因性疲憊適應症  
處方用藥  
PG2 Injection
- 其他用藥  
類固醇、中樞神經  
興奮劑



# 癌因性疲憊症之藥物治療



**黃耆多醣注射劑**有初步臨床試驗顯示可改善中重度癌因性疲憊症。  
(Level IA, Grade A)

## **Methylphenidate**

臨床研究顯示使用於疲憊程度或病情較嚴重的病人較具效果；但在用藥前應審慎考量劑量、用藥時間、濫用風險、及病人個人疾病等臨床情形，充分評估相關風險與效益。  
(Level IA, Grade A)

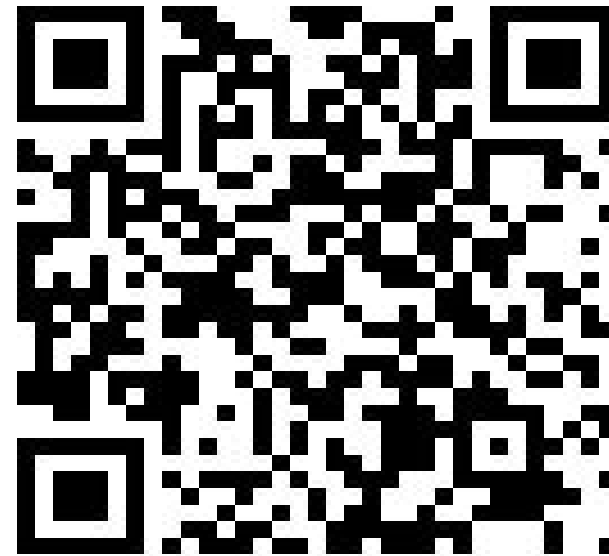
**蔘類**在臨床試驗顯示可以改善癌因性疲憊，但因中藥在使用上會因原料製備等影響，建議使用前應諮詢醫療團隊。  
(Level IB, Grade B)

**Methylprednisolone、dexamethasone**等類固醇藥物有臨床證據顯示可以改善癌症病人的疲憊和生活品質，但長期使用有安全風險，故建議只用於癌症末期、合併疲憊與厭食症、或有腦部或骨骼轉移而疼痛的癌症病人。  
(Level IB, Grade B)

# 癌因性疲憊症 之臨床治療指引

## MANAGEMENT OF CANCER-RELATED FATIGUE

- A GUIDELINE FOR TAIWAN -



### 癌因性疲憊症之臨床治療指引電子版 連結由此去

#### 疲憊量尺





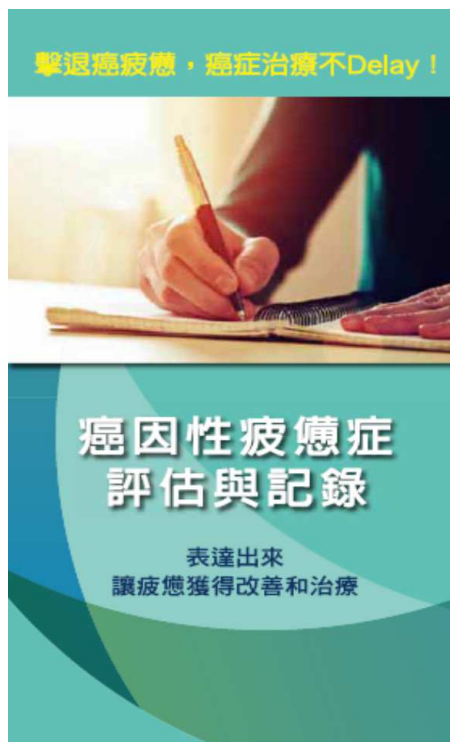
# 癌因性疲憊症的病人衛教資訊

## 衛教單張與日誌

以淺白的語言，介紹有關癌因性疲憊症的重要資訊，醫護人員有需要可自行影印供病人及其家屬閱讀。然而，衛教單張的提供並不能取代面對面的病人教育。

### 內容項目：

- 認識癌因性疲憊症
- 溝通
- 自我評估
- 非藥物和藥物治療
- 病人的責任
- 日常疲憊記錄表



◎ 日常疲憊記錄表 (您可自行影印)  
這些資料有助醫師為您設計療程，希望您能每天記錄。

### 疲憊量尺

日期	時間	疲憊 評分	藥物及劑量	其他方法	心得

# 癌因性疲憊症治療醫病共享決策輔助評估表

## SDM

2019年本會發展癌因性疲憊症治療醫病共享決策輔助評估表，透過SDM協助臨床人員說明病情，也讓病人能清楚了解病況及選擇合適的臨床處置。若有需使用CRF-SDM，歡迎向本會秘書處索取，以取得本會授權，並請註明出處。



台灣癌症安寧緩和醫學會  
「癌因性疲憊症」治療醫病共享決策輔助評估表



## 你累了嗎？ 擊退癌疲憊 癌症治療更完備

### 勇敢的抗癌鬥士：

對抗癌症並不輕鬆，除了要面對癌症本身的不適症狀，也可能得承受各種治療帶來的影響。據調查，台灣有92%的癌症病人有疲憊困擾，其中更有四分之一屬於中重度疲憊患者。

但其實你的疲憊是可被改善的！趕快用疲憊量尺評估一下，自己有多疲憊？並了解處置和各藥物治療優缺點，找出心目中理想的治療方式吧！

### 什麼是癌因性疲憊症？

- ◎ 癌因性疲憊症是因癌症或癌症治療所引起之重大疲憊感，其症狀與活動量不成比例，且足以影響到正常生活。
- ◎ 任何一種癌症、治療方式、治療藥物或治療階段，都可能發生癌因性疲憊症。
- ◎ 疲憊會降低身體活動能量、降低執行力、減少對事物的興趣、增加心理壓力、導致睡眠困擾，影響生活品質等。



### 快用疲憊量尺評估自己的疲憊程度

- ◎ 0分表示沒有疲憊，10分為想像中最嚴重的疲憊。
- ◎ 請根據自身疲憊的感覺，指出對應的疲憊分數，或選擇最能代表您疲憊狀態的圖像及其對應分數。

### 疲憊量尺



癌因性疲憊症處置及治療方式請參考背面說明

# 愛你不累，擊退癌疲憊

## 衛教動畫影片

2019年延續「癌因性疲憊症臨床治療指引」內容，製作癌因性疲憊症民眾衛教影片。2020年至2021年製作衛教影片英文版及閩南語版，包含完整版與精華版，希冀以淺顯易懂方式讓民眾認識癌因性疲憊症，提供醫護人員多元衛教方式使用。



序號	名稱		語言	發表年份	連結處
1	愛你不累，擊退癌疲憊！	-完整版	國語	2019	
2	愛你不累，擊退癌疲憊！	-完整版	台語	2020	
3	愛你不累，擊退癌疲憊！	-完整版	英語	2020	
4	愛你不累，擊退癌疲憊！	-精華版	國語	2021	
5	愛你不累，擊退癌疲憊！	-精華版	台語	2021	
6	愛你不累，擊退癌疲憊！	-精華版	英語	2021	

# 國際期刊刊登

2022年10月Japanese Journal of Clinical Oncology 刊登  
「Management of Cancer-Related Fatigue in Taiwan: An Evidence-Based Consensus for Screening, Assessment, and Treatment」，國際看見學會與專家們的倡議，更多醫護人員重視癌因性疲憊的議題，讓病人抗癌治療更順利。

JJCO Japanese Journal of Clinical Oncology

Japanese Journal of Clinical Oncology, 2022, 53(11) 46-55  
https://doi.org/10.1093/jco/ncac114  
Advance Access Publication Date: 9 November 2022  
Original Article

OXFORD

Original Article

## Management of cancer-related fatigue in Taiwan: an evidence-based consensus for screening, assessment and treatment

Kun-Ming Rau<sup>1,2,1</sup>, Shioh-Ching Shun<sup>3,1</sup>, Shih-Hsin Hung<sup>4</sup>, Hsiu-Ling Chou<sup>5,6,7</sup>, Ching-Liang Ho<sup>8,9</sup>, Ta-Chung Chao<sup>10,11</sup>, Chun-Yu Liu<sup>12,13,14</sup>, Ching-Ting Lien<sup>15</sup>, Ming-Ying Hong<sup>16</sup>, Ching-Jung Wu<sup>17,18,19</sup>, Li-Yun Tsai<sup>20</sup>, Sui-Whi Jane<sup>21,22</sup> and Ruey-Kuen Hsieh<sup>23,\*</sup>

<sup>1</sup>Department of Hematology Oncology, E-Da Cancer Hospital, Kaohsiung, Taiwan, <sup>2</sup>School of Medicine, College of Medicine, I-Shou University, Kaohsiung, Taiwan, <sup>3</sup>College of Nursing, Institute of Clinical Nursing, National Yang Ming Chiao Tung University, Taipei, Taiwan, <sup>4</sup>Department of Nursing, Taipei Veterans General Hospital, Taipei, Taiwan, <sup>5</sup>Department of Nursing, Asia Eastern University of Science and Technology, New Taipei City, Taiwan, <sup>6</sup>Department of Nursing, Far Eastern Memorial Hospital, New Taipei City, Taiwan, <sup>7</sup>School of Nursing, National Yang Ming Chiao Tung University, Taipei, Taiwan, <sup>8</sup>Division of Hematology and Oncology, Tri-Service General Hospital, Taipei, Taiwan, <sup>9</sup>Division of Oncology, National Defense Medical Center, Taipei, Taiwan, <sup>10</sup>Department of Oncology and Comprehensive Breast Health Center, Taipei Veterans General Hospital, Taipei, Taiwan, <sup>11</sup>Faculty of Medicine, School of Medicine, National Yang Ming Chiao Tung University, Taipei, Taiwan, <sup>12</sup>Division of Transfusion Medicine, Department of Medicine and Comprehensive Breast Health Center, Taipei Veterans General Hospital, Taipei, Taiwan, <sup>13</sup>Division of Medical Oncology, Department of Oncology, Taipei Veterans General Hospital, Taipei, Taiwan, <sup>14</sup>School of Medicine, National Yang Ming Chiao Tung University, Taipei, Taiwan, <sup>15</sup>Department of Nursing, MacKay Memorial Hospital, Taipei, Taiwan, <sup>16</sup>Department of Nursing, National Taiwan University Hospital, Taipei, Taiwan, <sup>17</sup>Department of Radiation Oncology, Cathay General Hospital, Taipei, Taiwan, <sup>18</sup>Department of Radiation Oncology, National Defense Medical Center, Taipei, Taiwan, <sup>19</sup>Department of Biomedical Engineering, I-Shou University, Kaohsiung, Taiwan, <sup>20</sup>College of Nursing, Central Taiwan University of Science and Technology, Taichung, Taiwan, <sup>21</sup>Division of Hematology-Oncology, Department of Internal Medicine, Chang Gung Memorial Hospital, Taoyuan, Taiwan, <sup>22</sup>Graduate Institute of Nursing, Chang Gung University of Science and Technology, Taoyuan, Taiwan and <sup>23</sup>Department of Hematology and Oncology, MacKay Memorial Hospital, Taipei, Taiwan

\*For reprints and all correspondence: Ruey-Kuen Hsieh, Department of Hematology and Oncology, MacKay Memorial Hospital, Taipei, Taiwan. No. 92, Sec. 2, Zhongshan N. Rd., Taipei City 10449, Taiwan. E-mail: hsieh.simonrk@gmail.com

<sup>†</sup>These authors contributed equally to the work

Received 26 May 2022, Editorial Decision 5 October 2022, Accepted 9 October 2022

### Abstract

**Background:** Cancer-related fatigue is one of the most common and persistent issues experienced by cancer patients. Cancer-related fatigue is a distinct form of fatigue that is subjective, long-lasting and unrelieved by rest or sleep. Studies have shown that almost all cancer patients experience severe fatigue that disrupts the quality of life and physical function, but cancer-related fatigue remains under-addressed in clinical care, and only about half of all patients receive treatment. **Methods:** To increase the awareness of cancer-related fatigue and improve current management, the Taiwan Society of Cancer Palliative Medicine and the Taiwan Oncology Nursing Society

© The Author(s) 2022. Published by Oxford University Press.  
This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<https://creativecommons.org/licenses/by/4.0/>), which permits unrestricted reuse, distribution, and reproduction in any medium, provided the original work is properly cited.

Downloaded from <https://academic.oup.com/jco/article/53/11/46/6914391> by guest on 31 July 2023

46





*"Cure sometimes, treat often,  
comfort always"*

Hippocrates