

"Towards a Theory of Energy Restoration"

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The needs of cancer survivors are well represented throughout the multidisciplinary literature highlighting fatigue, pain, depression, a decrease in self-esteem and a loss of functional role. Moderate, aerobic exercise is now recognised as something individuals can do to reduce fatigue and improve self-esteem. However, concern still remains for those who have experienced cancer-related fatigue but are not in a position to participate in physical exercise to the recommended extent. Many people will use complementary therapies during cancer treatment to manage symptoms or promote health and wellbeing. Gradually, research evidence in support of integrative health has become more evident, yet still, more rigorous support for different approaches and options is required. In the course of several studies, a theoretical framework for energy restoration to reduce fatigue, prolonged tiredness and lethargy has been developed for people who have experienced cancer or have received palliative care. This presentation will trace the phases of theory generation towards an approach aimed at supporting individuals to thrive, and move beyond the potentially debilitating and upsetting effects of fatigue.