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**Guideline for the management of fatigue in
children and adolescents with cancer and in
pediatric recipients of hematopoietic stem-cell transplants**

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The “Management of fatigue in children and adolescents with cancer and in paediatric recipients of haematopoietic stem-cell transplants: a clinical practice guideline” was endorsed by the COG Supportive Care Guideline Committee in September 2018.

The source guideline is published (Robinson PD, Oberoi S, Tomlinson D, et al. Guideline for the management of fatigue in children and adolescents with cancer and pediatric hematopoietic stem cell transplantation recipients. The Lancet Child and Adolescent Health 2018; 2: 371-8.) and is available at: [http://dx.doi.org/10.1016/S2352-4642\(18\)30059-2](http://dx.doi.org/10.1016/S2352-4642(18)30059-2)

The purpose of this guideline is to provide guidance for management of fatigue in children and adolescents with cancer and paediatric recipients of hematopoietic stem cell transplantation recipients.

The recommendations of the endorsed guideline are presented below.

Summary of Recommendations for the Management of Fatigue in Children and Adolescents with Cancer and Paediatric Recipients of Hematopoietic Stem Cell Transplantation

RECOMMENDATIONS	Strength of Recommendation and Quality of Evidence
What are effective interventions for the management of fatigue in children and adolescents with cancer or paediatric HSCT recipients?	
<ul style="list-style-type: none"> Use physical activity interventions to manage fatigue in children and adolescents with cancer or paediatric HSCT recipients 	Strong recommendation, Moderate quality evidence
<ul style="list-style-type: none"> Do not routinely use pharmacological approaches to manage fatigue in children and adolescents with cancer or paediatric HSCT recipients 	Strong recommendation, Moderate quality evidence
<ul style="list-style-type: none"> Use relaxation or mindfulness, or both, for children and adolescents with cancer or pediatric HSCT recipients who can participate in these approaches to manage fatigue 	Strong recommendation, Moderate quality evidence
<ul style="list-style-type: none"> In settings where other recommended approaches are not feasible or were not successful, cognitive or cognitive behavioural therapies may be offered to children and adolescents with cancer or paediatric HSCT recipients who can participate in these approaches 	Weak recommendation, Moderate quality evidence

Appendix 1: GRADE

Strength of Recommendations:

Strong Recommendation	When using GRADE, panels make strong recommendations when they are confident that the desirable effects of adherence to a recommendation outweigh the undesirable effects.
Weak Recommendation	Weak recommendations indicate that the desirable effects of adherence to a recommendation probably outweigh the undesirable effects, but the panel is less confident.

Strength of Recommendations Determinants:

Factor	Comment
Balance between desirable and undesirable effects	The larger the difference between the desirable and undesirable effects, the higher the likelihood that a strong recommendation is warranted. The narrower the gradient, the higher the likelihood that a weak recommendation is warranted
Quality of evidence	The higher the quality of evidence, the higher the likelihood that a strong recommendation is warranted
Values and preferences	The more values and preferences vary, or the greater the uncertainty in values and preferences, the higher the likelihood that a weak recommendation is warranted
Costs (resource allocation)	The higher the costs of an intervention—that is, the greater the resources consumed—the lower the likelihood that a strong recommendation is warranted

Quality of Evidence

High Quality	Further research is very unlikely to change our confidence in the estimate of effect
Moderate Quality	Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate
Low Quality	Further research is very likely to have an important impact on our confidence in the estimate of effect and is likely to change the estimate
Very Low Quality	Any estimate of effect is very uncertain

Guyatt, G.H., et al., *GRADE: an emerging consensus on rating quality of evidence and strength of recommendations*. BMJ, 2008; 336: 924-926.

Guyatt, G.H., et al., *GRADE: going from evidence to recommendations*. BMJ, 2008; 336: 1049-1051.