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## **Guideline for the management of fatigue in children and adolescents with cancer or pediatric hematopoietic cell transplant recipients**

### **COG Supportive Care Endorsed Guidelines**

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The “Guideline for the management of fatigue in children and adolescents with cancer or pediatric hematopoietic cell transplant recipients: 2023 update” was endorsed by the COG Supportive Care Guideline Task Force in January 2024.

The source guideline is published (Patel P, Robinson PD, van der Torre P, et al. Guideline for the management of fatigue in children and adolescents with cancer or pediatric hematopoietic cell transplant recipients: 2023 update. eClinicalMedicine 2023; 63: 102147.) and is available at: <https://doi.org/10.1016/j.eclinm.2023.102147>

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 or Pediatric Hematopoietic Cell Transplant (HCT) Recipients**

RECOMMENDATIONS	Strength of Recommendation and Quality of Evidence
<b>What are effective interventions for the management of fatigue in children and adolescents with cancer or pediatric HCT recipients?</b>	
<ul style="list-style-type: none"> <li>Use physical activity interventions to manage fatigue in children and adolescents with cancer or paediatric HCT recipients</li> </ul>	Strong recommendation, High quality evidence
<ul style="list-style-type: none"> <li>Do not routinely use pharmacological approaches to manage fatigue in children and adolescents with cancer or pediatric HCT recipients</li> </ul>	Strong recommendation, Moderate quality evidence
<ul style="list-style-type: none"> <li>Offer relaxation, mindfulness, or both to manage fatigue in children and adolescents with cancer or pediatric HCT recipients</li> </ul>	Strong recommendation, Moderate quality evidence
<ul style="list-style-type: none"> <li>In settings where strongly recommended approaches are not feasible or were not successful, consider offering cognitive or cognitive behavioural therapies to manage fatigue in children and adolescents with cancer or pediatric HCT recipients</li> </ul>	Conditional recommendation, Moderate quality evidence
Routinely assess for fatigue, ideally using a validated scale, in children and adolescents with cancer or pediatric HCT recipients	Good practice statement

## Appendix 1: GRADE

### Strength of Recommendations:

<b>Strong Recommendation</b>	When using GRADE, panels make strong recommendations when they are confident that the desirable effects of adherence to a recommendation outweigh the undesirable effects.
<b>Conditional Recommendation</b>	Conditional 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:

<b>High Quality</b>	Further research is very unlikely to change our confidence in the estimate of effect
<b>Moderate Quality</b>	Further research is likely to have an important impact on our confidence in the estimate of effect and may change the estimate
<b>Low Quality</b>	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
<b>Very Low Quality</b>	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.