

Activity Intolerance

Activity intolerance is a decreased ability to tolerate daily activities.

Signs and symptoms of activity intolerance in response to activity

- A. Excessive increase or decrease in blood pressure with activity.
- B. Excessive increase or decrease in pulse with activity.
- C. Shortness of breath.
- D. Excessive fatigue or weakness.
- E. Sweating.
- F. Dizziness.
- G. Pallor or cyanosis.

The causes of decreased activity tolerance

- H. Poor nutrition.
- I. Depression.
- J. Stress.
- K. Advancing age.
- L. Sedentary lifestyle.
- M. Bed rest.
- N. Pain.
- O. Dehydration.
- P. Surgery.
- Q. Heart disease.
- R. Respiratory disease.
- S. Multiple other diseases.

Measures to increase activity tolerance

- T. Use energy conservation techniques.
- U. Gradually increase exercise with planned rest periods.
- V. Stop smoking.
- W. Use assistive devices, such as walker, wheelchair, cane, etc.
- X. Eat a nutritious, well-balanced diet.

- Y. Lose weight if overweight.
- Z. Rest after meals.
- AA. Set realistic goals.
- BB. Use an activity log to record exercise and exercise tolerance.
- CC. Stop activity immediately if cardiac symptoms such as chest pain, increased shortness of breath, or excessive fatigue occur.

Resources available

- DD. Physical therapy.
- EE. Smoking cessation support groups.
- FF. Cardiac rehabilitation.
- GG. Pulmonary rehabilitation.
- HH. Health clubs.