

Literature Review

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The cause and cure for chronic fatigue syndrome (CFS) are unknown. However, an individual with this condition can experience psychological, physical, and emotional symptoms. This qualitative study interviewed five adolescents who suffer from CFS to measure its impact on an adolescent's life. Interviewees expressed that they experienced disruptions with maintaining a social life, independency, walking, and concentrating (Njølstad, Mengshoel, & Sveen, 2018). Providing researchers with answers about CFS and how it affects an individual's daily life can assist in finding effective methods to help treat adolescents living with this condition.

“It's like being a slave to your own body in a way”: a qualitative study of adolescents with chronic fatigue syndrome

The primary purpose of this article is to provide a qualitative perspective on the impact of CFS amongst adolescents. The critical question that the author addresses spotlights how health professionals can help adolescents who are living with CFS as they transition into adulthood. The most crucial information in this article is that listening to the needs of clients with CFS can support them as they learn to reconnect with their bodies and adjust to its needs. The main inferences in this article suggest that for recovery from CFS to occur, one has to accept they have the illness. Also, making sense of the situation and adjust to the body's needs by realizing its limitations can help as well.

Key Points

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One key concept in this article focuses on the drastic changes that occur in an individual with CFS that their body becomes unrecognizable and unfamiliar to them. Another critical idea involves how health care professionals can support adolescents while they find ways to adjust to their newly-wired body. However, finding solutions can be challenging because although researchers have pinpointed the symptoms of CFS, different people can have different symptoms (Ben-Joseph, 2018). The crucial last concept to mention is that we need to listen to an adolescent with CFS. Helping them reconnect with their bodies can play a significant factor in a successful transition into adulthood with a new outlook on life.

Assumptions

The primary assumption underlying the author's thinking is that by interviewing adolescents who have CFS, researchers are one step closer to understanding this disorder. If we take this line of reasoning seriously, the development of effective treatment plans will be the implication. With the help of occupational therapists and other healthcare professionals, individuals can learn to complete daily tasks. If we fail to take this line of reasoning seriously, individuals will continually rely on others to help them perform activities of daily living. Researchers found that most participants found it hard to make their bodies do what they wanted, so they relied on their parents for help with day-to-day tasks (Njølstad, Mengshoel, & Sveen, 2018).

Deficit/Conclusion

The main point of view presented in this article is that healthcare professionals can help improve the quality of life of an adolescent living with chronic fatigue syndrome. This qualitative study found that by assisting participants in accepting their situation, they were able to adjust to their everyday lives while factoring in limitations, adopt new social roles, and

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inevitably create new social and daily life that they valued (Njølstad, Mengshoel, & Sveen, 2018). Helping individuals cope with the loss of their previous life without CFS, while assisting them in accepting their current experience with CFS, can help individuals maintain a good quality of life.

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References

Ben-Joseph, E. P. (Ed.). (2018). *Chronic Fatigue Syndrome (for Teens)*. Retrieved from

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Njølstad, B. W., Mengshoel, A. M., & Sveen, U. (2019). “It’s like being a slave to your own body in a way”: a qualitative study of adolescents with chronic fatigue syndrome. *Scandinavian Journal Of Occupational Therapy*, 26(7), 505–514.

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