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## Conceptualizing the lived experiences of pain and fatigue in persons living with neurological conditions

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## Conceptualizing the lived experiences of pain and fatigue in persons living with neurological conditions

Lauren L. Kane

Pain and fatigue and their effect on daily living and life course of individuals with multiple sclerosis, cerebral palsy, and Parkinson's disease is often misunderstood. The aim was to describe the experience of these non-motor symptoms and their relationship within and across conditions. A new phenomenological approach guided by van Manen's hermeneutic phenomenological method was adopted; and data was collected via online semi-structured interviews and analyzed inductively using interpretive phenomenological analysis. Three emergent themes were synthesized: (1) negative perceptions expressed in terms of cognitive impairment, tiredness, symptoms being constant and limiting daily life; (2) coping strategies used to help manage pain and fatigue; and (3) a lack of understanding of the phenomena by patients, clinicians, and others. Study findings may inform clinicians and researchers with the practical knowledge of adult's experiences of pain and fatigue to reduce their daily and lifelong impact and improve quality of life and overall well-being.