

Holding on to Progress

Fatigue, work & what really matters after a stroke

Disclosure Statement

There are no conflicts of interest to declare

APRIL 27, 2022

The Morning Everything Changed

Holiday in Greece

Two weeks, Easter with family, Friends
Nice weather, Full of energy

Two Minutes Away

Cycled to a nearby coffee shop,
a perfect late April morning

Night Flight Back

Drove from the airport, back to home

Stroke

Light pain, a feeling like warm water
spilling over my head

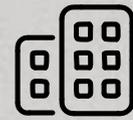
... am I dying?

... is our life changing for ever?

... are we pouring concrete to
crane bases tomorrow?



Structural Engineering / Project Management



Large Developments in London



Climbing the Ladder

Six years of hard work. Recently promoted to Project Manager.



Vasileios Maligkos

Project Manager

Head of Digital Construction

Holding on to Progress

Fatigue, work & what really matters after a stroke

Hospital days: Early Progress & Fatigue

Back to Work, Rehabilitation & Progress

Re-Defining Fatigue, trying to understand & manage it

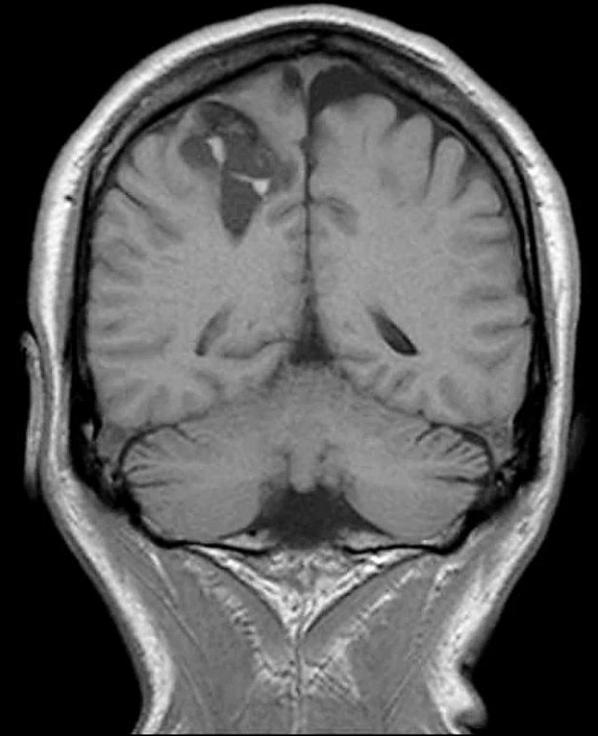
What is the plan moving forward & what really matters



STROKE ALLIANCE FOR EUROPE

Thank you to ELASF and Jenny Crow for the opportunity to be here, to share my experience, and to meet and learn from you all

The Hospital Days



Completely personal experience & point of view- all strokes are different; we are all different

Fatigue

Fear

Luck

Effort

Fear

Progress



Fatigue

Progress in Hospital & introduction to Fatigue

Lack of sleep

Medication

Tiredness & Dizziness

Fatigue

Progress in Hospital & introduction to Fatigue

Lack of sleep

Medication

Tiredness & Dizziness



Walking progress (1st to 4th month)

Fatigue

...A room with a view ...



...and a stress injection...

Fatigue

Back to work

Gradual return & the support from the company

Everything as before ... well Not really ...

Stress & challenges (Physical & mental ones)

Efforts to overcome the challenges & adapt

Fatigue

Rehabilitation Progress

Slower, plateau, less time allocated, no energy after work

Physically & mentally drained

Great fluctuations of energy during the day

Fatigue

Rehabilitation Progress

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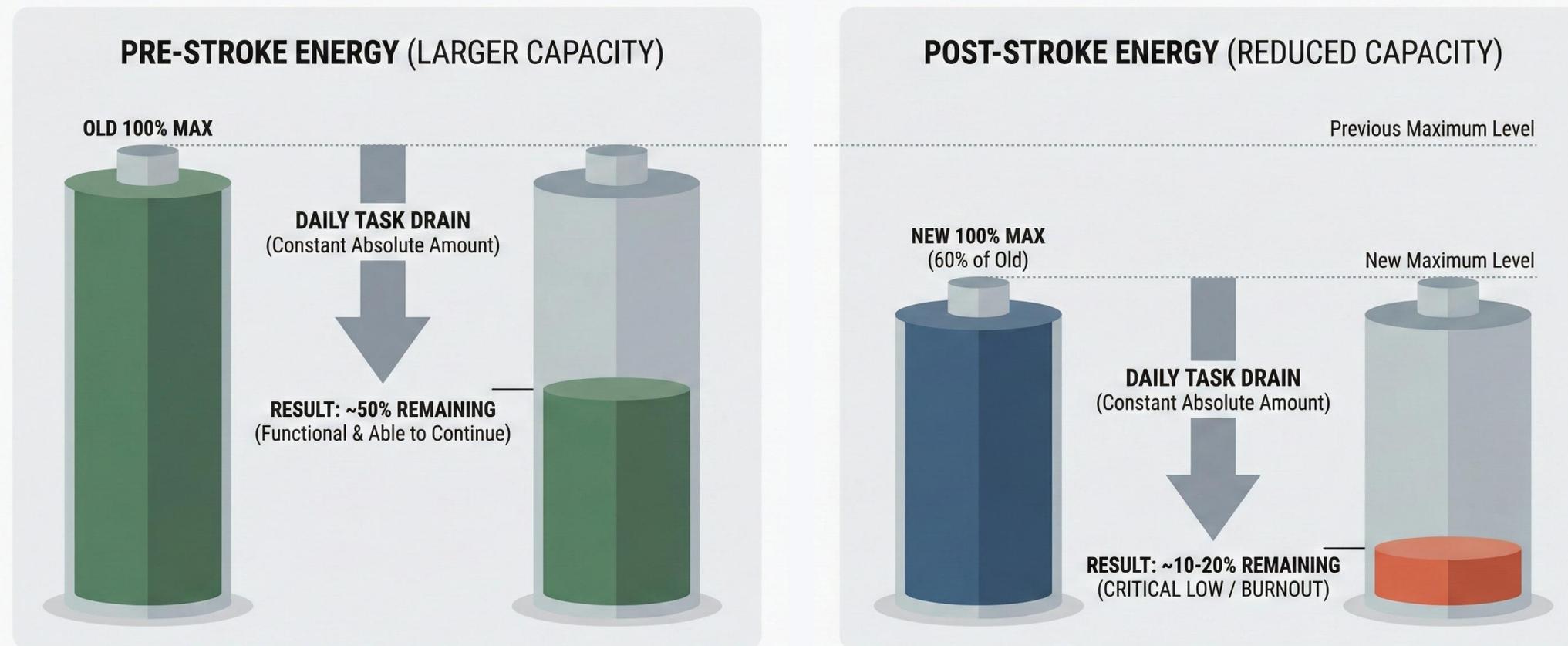


Re-Defining Fatigue

Physical, Neurological, Emotional, Sensory

Can be unpredictable in severity, duration and timing, not visible

Energy levels & the “battery” analogy



Fatigue

Spoon Theory

Christine Miserandino

A limited daily energy units “spoons”, used up early by basic tasks like washing, dressing, commuting

Triggers to faster energy drain

stress, arguments: small daily stuff, standing & talking, last minute changes
being late

Side-effect

(a bad one)

More temper & losing patience faster

Energy levels & drain that looks random, with stress and environment making a big difference

How do I manage Fatigue ... as a project manager ...

*Its not science, is common sense!

Being proactive & planning even simple tasks (e.g. having everything ready to get dressed)

Identifying the patterns & adapt/prepare (e.g. lunch breaks & work)

Pareto Principle 80% - 20% (80 percent of the outcome comes from 20 percent of the effort)

Pomodoro Method (short timed & focused sessions, ideally with a goal at the end)

KAIZEN - Continuous Improvement / Small wins (boost energy regeneration)

* I fail often, sometimes spectacularly, but when I follow my rules, I feel the difference

Fatigue

Putting this presentation together, pushed me into a process of self review

Proud

Cost

What really matters
(after having a stroke)

a question everyone carries, stroke or no stroke

keeping the basic core of values that define who I am

and **Adapt**

Fatigue

What I have learnt & what is the plan after Stockholm?

Thank you!

Fatigue

Milestones affecting progress

The seizure

Gamma knife Operation

Change of role in the company

Getting the car back

(both led to a less active days but increased the quality of our life)

Resets & step backs