

ME/CFS Assessment Overview

| SYMPTOMS | HISTORY TAKING - EXAMPLE QUESTIONS | PHYSICAL EXAMS AND CLINICAL OBSERVATIONS | LABORATORY TESTS |
|--------------------------------------|--|---|---|
| GENERAL HEALTH | <ul style="list-style-type: none"> When did the illness begin? When did you last feel completely well? What were the symptoms at the beginning? What have they been like since? What makes you feel worse? What helps you feel better? | <ul style="list-style-type: none"> Complete physical exam | <ul style="list-style-type: none"> CBC w/ diff CMP w/ liver and kidney function tests Inflammatory markers: ESR, CRP HbA1c Thyroid panel Iron panel Urinalysis |
| PROFOUND FATIGUE | <ul style="list-style-type: none"> How long have you been experiencing fatigue? When did it start? How often does it occur? How severe is it? How much activity, either physical or mental, does it take for you to feel ill? How would you characterize it? Is the fatigue physical, mental, or both? | <ul style="list-style-type: none"> Progressive fatigue during a prolonged clinical exam | |
| IMPAIRED FUNCTION | <ul style="list-style-type: none"> What types of activities do you now avoid because of what will happen if you do them? What symptoms keep you from doing what you need or want to do? | | |
| POST-EXERTIONAL MALAISE (PEM) | <ul style="list-style-type: none"> What happens when you try to push to do activities (physical or mental) that are now hard for you? How long does it take for you to start feeling worse after such exertion? How long does it take for you to recover after such exertion? What happens when you (try to) exercise? | | |
| UNREFRESHING SLEEP | <ul style="list-style-type: none"> When you awaken from sleep, do you typically feel refreshed? Do you have any problems getting to sleep or staying asleep? | | |
| COGNITIVE IMPAIRMENT | <ul style="list-style-type: none"> Are you able to think as clearly as you did before you became ill? Do you find that since the onset of your illness that you process information slower than you used to? | <ul style="list-style-type: none"> Mental status exam Difficulties with thinking during clinic visit, trouble remembering medications/history or expressing oneself | |
| ORTHOSTATIC INTOLERANCE | <ul style="list-style-type: none"> Do you have symptoms when you stand or sit upright? What are they? How long can you stand before you feel ill? Are the symptoms relieved by lying down? | <ul style="list-style-type: none"> Prolonged orthostatic testing: Lean Test or Upright Tilt Table Test | |

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For more information on ME/CFS,
please visit www.cdc.gov/me-cfs.