

# Chronic Fatigue Syndrome Test

Patient information	
Name:	Date of birth:
Contact:	Medical ID:
Attending physician:	Assessment date:
Medical history	
List all symptoms the patient has described, including their onset, duration, severity, and any exacerbating factors:	
List any risk factors for chronic fatigue syndrome the patient has presented with:	
Evaluate the patient's symptom profile. List any other potential conditions that may explain their symptoms:	
Other relevant medical history:	

## Differential diagnosis

Describe, in detail, any tests (including imaging scans and laboratory tests) conducted to rule out any of the potential conditions described above, as well as their findings:

Differential diagnosis notes:

## IOM 2015 ME/CFS criteria

### Core symptoms (required):

The patient must have experienced 3 of these symptoms, with moderate, substantial, or severe intensity:

1. **A substantial reduction or impairment in ability to engage in pre-illness levels of activity** (occupational, educational, social, or personal life) that:

- a) lasts for more than 6 months
- b) is accompanied by fatigue that is:
  - i. often profound
  - ii. of new onset (not life-long)
  - iii. not the result of ongoing or unusual excessive exertion
  - iv. not substantially alleviated by rest

Yes

No

2. **Post-exertional malaise (PEM)\***—worsening of symptoms after physical, mental, or emotional exertion that would not have caused a problem before the illness.

- a) PEM often puts the patient in relapse that may last days, weeks, or even longer.
- b) For some patients, sensory overload (light and sound) can induce PEM.
- c) The symptoms typically get worse 12 to 48 hours after the activity or exposure and can last for days or even weeks.

Yes

No

### 3. Unrefreshing sleep\*—

- a) Patients with ME/CFS may not feel better or less tired after a full night's sleep.
- b) This may occur despite the absence of specific objective sleep alterations.

**Yes**

**No**

#### **Additional symptoms:**

The patient must have **1** of the following symptoms in addition to the required symptoms:

#### **1. Cognitive impairment\***—problems with thinking, memory, executive function, and information processing. They also have attention deficit and impaired psychomotor functions.

- a) All can be exacerbated by exertion, effort, prolonged upright posture, stress, or time pressure.
- b) This may have serious consequences on a patient's ability to maintain a job or attend school full-time.

**Yes**

**No**

#### **2. Orthostatic intolerance**— a worsening of symptoms upon assuming and maintaining upright posture. This is measured by heart rate and blood pressure abnormalities during standing, bedside orthostatic vital signs, or head-up tilt testing.

- a) Symptoms including lightheadedness, fainting, increased fatigue, cognitive worsening, headaches, or nausea are worsened while upright (either standing or sitting). Symptoms are improved (though not necessarily fully resolved) with lying down.
- b) Orthostatic intolerance is often the most bothersome manifestation of ME/CFS among adolescents.

**Yes**

**No**

**Many people with ME/CFS also have other symptoms. These are not required for diagnosis:**

1. Muscle pain

**Yes**

**No**

2. Joint pain without swelling or redness

**Yes**

**No**

3. Headaches of a new type, pattern, or severity

**Yes**

**No**

4. Swollen or tender lymph nodes in the neck or armpit

**Yes**

**No**

5. A frequent or recurring sore throat

**Yes**

**No**

6. Chills and night sweats

**Yes**

**No**

7. Visual disturbances

**Yes**

**No**

8. Sensitivity to light and sound

**Yes**

**No**

9. Nausea

**Yes**

**No**

10. Allergies or sensitivities to foods, odors, chemicals, or medications.

**Yes**

**No**

## Diagnosis

Based on the clinical evaluation, differential diagnosis, and whether the patient meets the Fukuda criteria, indicate whether a diagnosis can be made:

## Referrals and recommendations:

## Additional notes

## Reference:

Centers for Disease Control and Prevention. (2024, May 22). *IOM 2015 diagnostic criteria*.  
<https://www.cdc.gov/me-cfs/hcp/diagnosis/iom-2015-diagnostic-criteria-1.html>