

## Chronic Fatigue Syndrome Test

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_ dd / mm / yyyy

Contact: \_\_\_\_\_ Medical ID: \_\_\_\_\_

Attending physician: \_\_\_\_\_ Assessment date: \_\_\_\_\_ dd / mm / yyyy

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:

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:

A substantial reduction or impairment in ability to engage in pre-illness levels of activity (occupational, educational, social, or personal life) that lasts for more than 6 months and is accompanied by fatigue

Yes  No

Post-exertional malaise (PEM) - worsening of symptoms after physical, mental, or emotional exertion

Yes  No

Unrefreshing sleep - not feeling better or less tired after a full night's sleep

Yes  No

Cognitive impairment - problems with thinking, memory, executive function, and information processing

Yes  No

Orthostatic intolerance - worsening of symptoms upon assuming and maintaining upright posture

Yes  No

Muscle pain

Joint pain without swelling or redness

Yes  No

Headaches of a new type, pattern, or severity

Yes  No

Swollen or tender lymph nodes in the neck or armpit

Yes  No

A frequent or recurring sore throat

Yes  No

Chills and night sweats

Yes  No

Visual disturbances

Yes  No

Sensitivity to light and sound

Yes  No

Nausea

Yes  No

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

Yes  No

**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 - Specify below:**