

# ME/CFS diagnostic criteria checklist

Adapted from Institute of Medicine. Beyond myalgic encephalomyelitis/chronic fatigue syndrome: Redefining an illness. Washington (DC): National Academies Press (US). (2015).

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

### Work through the tick list with the patient to document presence of required symptoms.

The patient must meet the following criteria in the table. Symptoms must be present at least 50% of the time (e.g. may be fluctuating) and be of moderate to severe intensity. Symptoms must not be explained by another illness, however:

- there may be co-morbid conditions and these do not exclude a diagnosis of ME/CFS once co-morbidities have been treated and stable. Symptoms must persist for a minimum of six months.
- provisional diagnosis can be made earlier if symptoms are highly suggestive of ME/CFS. This enables early advice to rest and pace activities Note: onset may be sudden or gradual.

National Academy of Medicine clinical diagnostic criteria		
Symptoms	Criteria	
	YES	NO
A substantial reduction or impairment in ability to engage in pre-illness levels of activity (occupational, educational, social, or personal life) that: <ul style="list-style-type: none"> <li>• lasts for more than 6 months</li> <li>• is accompanied by fatigue that is:               <ul style="list-style-type: none"> <li>• often profound</li> <li>• of new onset (not life-long)</li> <li>• not the result of ongoing or unusual excessive exertion and not substantially relieved by rest.</li> </ul> </li> </ul>		
Post-exertional malaise (PEM) <ul style="list-style-type: none"> <li>• worsening of symptoms after physical, mental, or emotional exertion that would not have caused a problem before the illness.</li> <li>• PEM often puts the patient in relapse that may last days, weeks, or even longer.</li> <li>• for some patients, sensory overload (light, touch and sound) can induce PEM.</li> <li>• the symptoms typically get worse 12 to 48 hours after the activity or exposure and can last for days or even weeks</li> </ul>		
Unrefreshing sleep <ul style="list-style-type: none"> <li>• may include: daytime hypersomnia, night time insomnia, or day/night reversal</li> </ul>		
<b>AND one of the two following symptoms:</b>		
Cognitive impairment <ul style="list-style-type: none"> <li>• may include: problems with attention or concentration, short-term memory, word-retrieval, slowness of thought, confusion or disorientation.</li> </ul>		
Orthostatic intolerance <ul style="list-style-type: none"> <li>• inability to tolerate the upright position (standing or sitting) due to symptoms which may include light-headedness, pre-syncope/syncope, headache, worsened cognitive functioning.</li> </ul>		

National Academy of Medicine criteria: fulfilled  not fulfilled

The patient has had symptoms of ME/CFS for: < 6 m  > 6 m

The patient has symptoms of ME/CFS but also has \_\_\_\_\_

Re-evaluate once treatment has been established for \_\_\_\_\_

Providers signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_