

CFIDS Association of America

working to make CFS widely understood, diagnosable, curable and preventable

Evaluating CFIDS: A Checklist for School Nurses

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Although this is not a diagnostic algorithm for CFIDS, a significant number of "yes" answers to the following question indicates the need for further evaluation by a CFIDS-knowledgeable physician.

1. Did the illness begin suddenly with a flu or mono-like infection?
2. Has there been a single week since the onset that you felt entirely well?
3. Does the fatigue go away with a good night's sleep?
4. Do you have difficulty getting a restful night's sleep?
5. Do you have fatigue every day?
6. Is the fatigue made worse by exertion or activities?
7. Do you have a sore throat at least once a week?
8. Are the glands under your neck frequently sore?
9. Does light hurt your eyes?
10. Are you uncomfortable with noise?
11. Do odors bother you?
12. Do you have stomach pain more than once a week?
13. Do your muscles hurt?
14. Do your muscles feel weak?
15. Are your joints (fingers, knees, etc.) sore?
16. Do you have a headache several times a week?
17. Is it difficult to concentrate?
18. Do you have a hard time remembering simple things?
19. Do you get light-headed or dizzy frequently?
20. Do you feel like you have a fever frequently?
21. Do you wake up at night sweating?

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