



Evaluating ME/CFS: A Checklist for School Nurses

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

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