

CODE:

DATE OF VISIT:

ASSIGNED GROUP:

BOAT DELIVERED: YES/NO

Gender: male/female

Canadian CFS/ME Criteria

The patient must meet the following diagnostic criteria and have no exclusion criteria:

1. Extreme tiredness or exhaustion YES/NO

2. Post-exertional malaise and/or fatigue lasting more than 24 hours YES/NO

3. Sleep disturbances YES/NO

4. Muscle and/or joint pain, headaches. YES/NO

5. Two or more neurocognitive symptoms

- Confusion YES/NO

- Disorientation YES/NO

- Lack of concentration and attention YES/NO

- Short-term memory lapses YES/NO

- Difficulties with information processing, word retrieval and categorisation (not being able to find the right words and/or name objects) YES/NO

- Sensory and perceptual disturbances, such as: instability, spatial disorientation and an inability to focus attention. Ataxia. Muscle weakness. There may be symptoms of sensory overload, such as: photophobia, hypersensitivity to noise. YES/NO

- Situations of emotional overload may lead to periods of anxiety or episodes of emotional breakdown characterised by distress. YES/NO

6. At least one symptom from two of the following categories

- a) Neurovegetative (autonomic) manifestations: Orthostatic intolerance; bowel disorders with or without irritable bowel syndrome; increased urinary frequency with or without bladder dysfunction; palpitations with or without cardiac arrhythmias; vasomotor instability; and respiratory disorders. YES/NO

- b) Immunological manifestations: Swollen lymph nodes, sore throat and/or a burning sensation in the throat, recurrent flu-like symptoms, general malaise, the development of new allergies or changes in pre-existing allergies, hypersensitivity to medicines and/or chemicals. YES/NO

- c) Neuroendocrine manifestations: Loss of thermoregulatory stability, intolerance to cold and/or heat, loss of appetite or excessive appetite, hypoglycaemia, loss of

adaptability and stress tolerance, worsening of symptoms with stress, and emotional lability. YES/NO

7. The condition persists for at least 6 months: It usually has an acute onset, but may also begin gradually. A preliminary diagnosis can be made at an early stage. YES/NO

6-minute Walk Test:

Six-Minute Walk Test - 6MWT										Page 1																																																																																																																																																																																				
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min 6		Fifteen seconds before finishing: "You should stop when I tell you" At minute 6: "Stop, the test is finished"																																																																																																																																																																																												
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