

Proposed Approach to ME/CFS Diagnosis in Children and Adults

Assess patient for symptoms (duration, frequency, and intensity):

- **Impaired function** (with fatigue not relieved by rest, new onset, not the result of unusual excessive exertion)
- **Post-exertional malaise (PEM)**
- **Unrefreshing sleep**
- **Cognitive impairment** and/or **orthostatic intolerance**



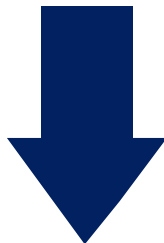
History

Physical, neurologic, mental status exams

Initial laboratory tests

Identify and treat other conditions / consider ME/CFS

Schedule periodic follow-up appointments



Management of symptoms

Treatment of comorbidities if any

Re-assess symptoms and their duration, frequency, and intensity

Diagnose ME/CFS when symptoms last >6 months

Treatment to address symptoms and improve quality of life

