### Table 11.1 Fatigue: Assessment and Management Factors for Consideration

<table>
<thead>
<tr>
<th>Characteristics</th>
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<tbody>
<tr>
<td></td>
<td>• Frequency</td>
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<tr>
<td></td>
<td>• Intensity</td>
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<tr>
<td></td>
<td>• Time of day</td>
</tr>
<tr>
<td></td>
<td>• Type of fatigue (i.e., physical or cognitive)</td>
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<tr>
<td></td>
<td>• Aggravating factors</td>
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<tr>
<td></td>
<td>o Physical activity, cognitive load, social and environmental exposure</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Assessment</th>
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<tbody>
<tr>
<td></td>
<td>• Focused history</td>
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<tr>
<td></td>
<td>• Validated scale to assess fatigue (i.e., Barrow Neurological Institute Fatigue Scale, Fatigue Severity Scale).</td>
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<td>• Consider blood test screening if appropriate (CBC, TSH, electrolytes)</td>
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<table>
<thead>
<tr>
<th>Contributing Causes of Fatigue</th>
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<tbody>
<tr>
<td></td>
<td>• Affective disorder, including depression, anxiety</td>
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<td></td>
<td>• Sleep disorder</td>
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<td></td>
<td>• Metabolic causes, including hypothyroidism, anemia or chronic disease (e.g., rheumatoid arthritis)</td>
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<tr>
<td></td>
<td>• Electrolyte abnormality (e.g., hyponatremia, hypocalcemia, etc.)</td>
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<td></td>
<td>• Polypharmacy or medication adverse effect</td>
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<td>• Nutritional status</td>
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