

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

<b>Characteristics</b>	<ul style="list-style-type: none"><li>• Frequency</li><li>• Intensity</li><li>• Time of day</li><li>• Type of fatigue (i.e., physical or cognitive)</li><li>• Aggravating factors<ul style="list-style-type: none"><li>○ Physical activity, cognitive load, social and environmental exposure</li></ul></li></ul>
<b>Assessment</b>	<ul style="list-style-type: none"><li>• Focused history</li><li>• Validated scale to assess fatigue (i.e., <a href="#">Barrow Neurological Institute Fatigue Scale</a>, <a href="#">Fatigue Severity Scale</a>).</li><li>• Consider blood test screening if appropriate (CBC, TSH, electrolytes)</li></ul>
<b>Contributing Causes of Fatigue</b>	<ul style="list-style-type: none"><li>• Affective disorder, including depression, anxiety</li><li>• Sleep disorder</li><li>• Metabolic causes, including hypothyroidism, anemia or chronic disease (e.g., rheumatoid arthritis)</li><li>• Electrolyte abnormality (e.g., hyponatremia, hypocalcemia, etc.)</li><li>• Polypharmacy or medication adverse effect</li><li>• Nutritional status</li></ul>