

**ME/CFS:
2003 Canadian Clinical Working Case Definition**

- Pathological Fatigue**
A significant degree of new onset, unexplained, persistent or recurrent physical and/or mental fatigue that substantially reduces activity levels and which is not the result of ongoing exertion and is not relieved by rest
- Post-exertional Malaise and Worsening of Symptoms**
Mild exertion or even normal activity is followed by malaise: the loss of physical and mental stamina and/or worsening of other symptoms. Recovery is delayed, taking more than 24 hours
- Sleep Dysfunction**
Sleep is un-refreshing: disturbed quantity - daytime hypersomnia or nighttime insomnia and/or disturbed rhythm - day/night reversal. Rarely, there is no sleep problem.
- Pain**
Pain is widespread, migratory or localized: myalgia; arthralgia (without signs of inflammation); and/or headache - a new type, pattern or severity. Rarely, there is no pain
- Neurocognitive Manifestations (2 or more)**
 - confusion
 - short-term memory
 - categorizing and word retrieval
 - perceptual and sensory disturbances
 - ataxia
 - fasciculation
 - emotional overload
 - impaired concentration
 - disorientation
 - muscle weakness
 - cognitive overload
 - hypersensitivity to light or sound
- At least one symptom from three of the following categories:**
 - Autonomic Manifestations**
 - orthostatic intolerance—neurally mediated hypotension (NMH)
 - postural orthostatic tachycardia syndrome (POTS)
 - delayed postural hypotension
 - extreme pallor
 - urinary frequency and bladder dysfunction
 - palpitations with or without cardiac arrhythmias
 - exertional dyspnea.
 - Neuroendocrine Manifestations**
 - loss of homeostatic stability—subnormal body temp; marked diurnal fluctuation
 - sweating episodes
 - cold extremities
 - marked weight change
 - loss of adaptability and worsening of symptoms with stress
 - recurrent feelings of feverishness
 - intolerance heat and cold
 - anorexia or abnormal appetite
 - Immune Manifestations**
 - tender lymph nodes
 - recurrent flu-like symptoms
 - new sensitivities to food, medications and/or chemicals.
 - recurrent sore throat
 - general malaise
- The illness has persisted for at least 6 months**

**SEID:
2015 Institute of Medicine
Diagnostic Criteria**

Diagnosis requires the following three symptoms:

- A substantial reduction or impairment in the ability to engage in pre-illness levels of occupational, educational, social, or personal activities, that persists for more than 6 months and is accompanied by **Fatigue**, which is often profound, is of new or definite onset (not lifelong), is not the result of ongoing excessive exertion, and is not substantially alleviated by rest, and

- Post-exertional Malaise*** and

- Unrefreshing Sleep***

At least one of the two following:

- Cognitive Impairment*** or

- Orthostatic Intolerance**

* Frequency and severity of symptoms should be assessed. The diagnosis of ME/CFS/SEID should be questioned if patients do not have these symptoms at least half of the time with moderate, substantial, or severe intensity.