

Name: \_\_\_\_\_

## Forty-five year old woman with fatigue, readiness assessment test.

1. Given our patient's clinical history, and her completed health question form (below), we can say with reasonable assurance that her symptoms are a consequence of fatigue and not sleepiness because

### Sleepiness

How likely are you to doze off or fall asleep (as opposed to just feeling tired) in the following situations?

	Never			Like		
Sitting and reading	0	1	2	3		
Watching television	0	1	2	3		
Inactively sitting in a public place (e.g., theater, meeting)	0	1	2	3		
As a passenger in a car for an hour, when circumstances permit	0	1	2	3		
Sitting and talking to someone	0	1	2	3		
Sitting quietly after lunch (without alcohol)	0	1	2	3		

### Fatigue

Exercise brings on my fatigue

I start things without difficulty but get weak as I go on

I lack energy

Strongly disagree			Strongly agree		
1	2	3	4	5	6
1	2	3	4	5	6
1	2	3	4	5	6

- a. She didn't report the symptoms until after she traveled to India
  - b. Her symptoms of tiredness are brought on by exercise.
  - c. She seems to have no history of hypothyroidism,
  - d. She has only reported these symptoms for about two weeks
  - e. Her symptoms improve after a short rest.
2. What in this patient's medical history is most significant in the development of her symptoms?
- a. Female gender
  - b. Recent travel to India
  - c. History of malignancy
  - d. Non-smoker
  - e. 45 years of age
3. What additional piece(s) of information might be help in understanding the nature of this patient's symptoms?
- a. Knowing the history of 'over the counter' medication use.
  - b. Learning whether or not she experience 'shortness of breath' with her symptoms of tiredness.
  - c. Learning whether or not she has leg cramps while working.
  - d. Knowing if the patient is married and what the nature of her home-life is like.
  - e. All of the above.
4. This patient's symptoms do not seem to indicate chronic fatigue because
- a. Of her gender. Most chronic fatigue occurs in men.
  - b. Of her age. Most chronic fatigue occurs in young girls, typically in the teenage years.
  - c. Of her social status.
  - d. She is post menopausal.
  - e. None of the above.