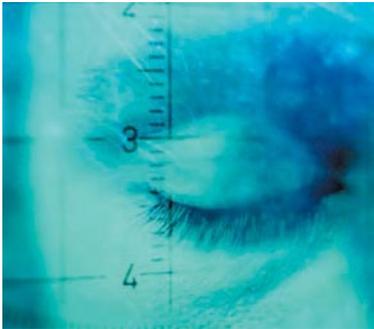


Understanding Chronic Fatigue Syndrome



Chronic Fatigue Syndrome (CFS) or Chronic Fatigue Immune Dysfunction is a disorder characterized by prolonged fatigue and weariness that is not relieved by rest. The onset of CFS lasts at least 6 months and includes symptoms that may be similar to viruses, such as muscle aches, headaches, sore throat, and fever. Chronic fatigue also can cause forgetfulness, confusion, and depression.

In addition to following a physician's recommendations for diet, exercise, rest, and medication, people with CFS also can learn to manage their daily lives with the help of an occupational therapist.

What can an occupational therapist do?

- **Evaluate** daily routines and tasks to determine how they can be adapted to conserve energy.
- **Observe** a person in his or her workplace to determine which activities may contribute to CFS, and suggest techniques to simplify the tasks.
- **Implement** meaningful activities that are pleasurable to improve motivation, satisfaction and quality of life.
- **Recommend** and train a person on how to use adaptive equipment that can conserve energy, such as adding chairs to areas where tasks are typically performed while standing.
- **Identify** areas of life that are being disrupted by symptoms of CFS in order to work on prioritization and streamline activities.

What can a person with Chronic Fatigue Syndrome do?

- **Keep** a daily log of activities and the amount of time spent on a task.
- **Note** when you are particularly aware of fatigue or tiredness.
- **Request** a physician's referral to occupational therapy to help you better manage your day-to-day activities.
- **Implement** energy-conserving recommendations, such as sitting more often during some tasks, climbing stairs less often, and using adaptive equipment.

Need more information?

Chronic Fatigue Syndrome is a serious problem that should not go untreated. Occupational therapists and occupational therapy assistants are trained in helping both adults and children with a broad range of physical, developmental, and psychological conditions.

Practitioners also help clients in wellness techniques that may prevent injury and disease. If you would like to consult an occupational therapist, practitioners are available through most hospitals, medical centers, and community clinics. Contact your local health officials for more information.