

## **Chronic Fatigue Syndrome Disability Scale**

This is an adaptation of the *National Health Service Disability Scale*, of which is used throughout the medical profession.

You may have seen this scale 'the other way around' with 0% referring to severe symptoms, and 100% as fit and well. However this scale is shown in *Living with M.E.: The Chronic, Post-viral Fatigue Syndrome* By Dr. Charles Shepherd ISBN: 0091816793.

### **0% - FIT AND WELL FOR AT LEAST THE PAST THREE MONTHS.**

No symptoms at rest or following activity. Capable of full-time employment.

### **10% - GENERALLY WELL.**

No symptoms at rest. Occasionally mild symptoms may follow activity. Capable of most forms of full-time employment.

### **20% - OCCASIONAL MILD SYMPTOMS AT REST.**

More noticeable symptoms following activity. Some restriction of capabilities which require physical exertion. Able to work full-time but difficulty with work that requires physical exertion.

### **30% - MILD SYMPTOMS AT REST.**

Limited ability to carry out some tasks which require physical exertion. May be able to work full-time.

### **40% - MILD OR MODERATE SYMPTOMS AT REST.**

Variable ability to carry out tasks associated with normal daily activity. Unable to work part-time in a job involving frequent physical exertion. May be able to work part-time in other types of employment.

### **50% - MILD TO MODERATE SYMPTOMS AT REST.**

Moderate to more severe exacerbation of symptoms following physical and/ or mental exertion. Unable to carry out any strenuous physical tasks. Able to perform light duties or deskwork for several hours a day provided adequate rest periods are provided.

**60% - MODERATE SYMPTOMS AT REST.**

Moderate to severe symptoms following any form of physical or mental exertion. Unable to carry out any strenuous duties. Able to carry out light duties/ deskwork for one to three hours per day. Generally not confined to the house.

**70% - MODERATE TO SEVERE SYMPTOMS AT REST.**

Severe symptoms follow any physical or mental activity. Able to perform deskwork or light duties for one or two hours during the day. Often confined to the house and may require wheelchair assistance at times.

**80% - MODERATE TO SEVERE SYMPTOMS AT REST.**

May only be able to carry out a very minimal range of physical activities relating to personal care (e.g. washing, bathing). Frequently unable to leave the house and may even be confined to wheelchair or bed for much of the day. Unable to concentrate more than short periods of time.

**90% - SEVERE SYMPTOMS AT REST.**

Bedridden and housebound for much of the time. Experiences considerable difficulties with many aspects of personal care. Marked problems with mental function (e.g. memory, concentration). Requires a great deal of practical support.

**100% - SEVERE SYMPTOMS ON A CONTINUAL BASIS.**

Bedridden and incapable of living independently. Requires a great deal of practical social support.

Should you require any further information then please visit [M.E. Support](http://www.mesupport.co.uk) at:

[www.mesupport.co.uk](http://www.mesupport.co.uk)