

“Doctor, I’m tired
all the time”

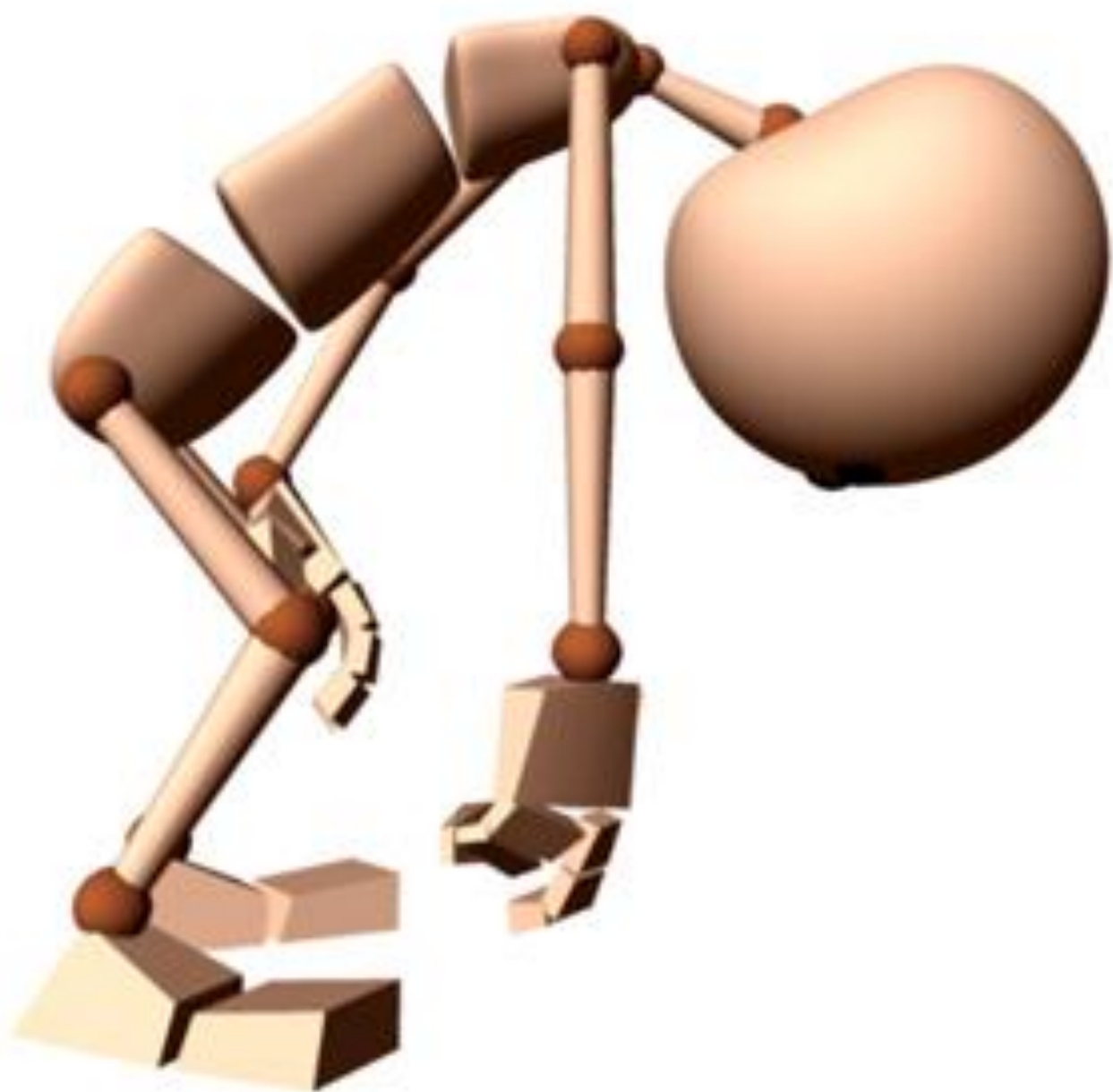
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Respiratory Interest

Director of Clinical Training

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Which is the most useful question?

- a) How many hours do you sleep in a day?
- b) Do you feel refreshed when you wake up?
- c) Can you describe this fatigue?
- d) Do you have good days and bad days?
- e) Do you feel “depressed”?



Fatigue with tender LN is always significant?

1. True
2. False



Which of the following is least useful in the work-up of fatigue?

- a) CXR
- b) Ferritin
- c) MSU
- d) K⁺
- e) INR





Fatigue

- 1750 - Febricula
- 1871 - Da Costa's
- 1889 - Neurasthenia
- 1934 - Myalgic
Encephalitis
 - epidemic – LA
- 1988 – 94 - CDC - criteria

Fatigue

Brucellosis	1930 – 50's
Hypoglycaemia	1950 – 70's
EBV	1970 – 1990's
Lyme	
Allergy	
CD8 dysregulation	
Chemical Sensitivity	
Chronic Candidiasis	
POTS/Dysautonomia	

EBV, Ross River and Q fever lead to
CFS definition in 12% of cases !



Fatigue

Common?

Phone survey	- "strict CFS"	0.07 – 0.26%pop
	- Fatigue > 6 months	1.7 – 6.3% pop
Primary Care	- Fatigue > 6 months	8.5% patients
	- "strict CFS"	1.3% patients

...but what do I do !???



Chief Complaint



Differential Diagnosis



History



Physical



Tests +/- Treatment

Fatigue

----- Genetic – “stress genes”

<u>Inflammation</u>	<u>Endocrine</u>	<u>Psychiatry</u>
- Infection - Allergy - Autoimmune - Malignancy	- Cortisol - Neural mediated hypotension - Thyroid - Testosterone - Celiac - Hemachromatosis	- Depression (2/3) - Sleep Disorder

Fatigue

Diagnosis - CDC

Fatigue + 4 (> 6 months)

- Reduced concentration
- ST
- Tender LN
- Myalgia
- Arthralgia
- HA
- Unrefreshing sleep
- Post exertional fatigue > 24 hours

Fatigue

Fatigue	-	100%
Reduced concentration	-	90%
Headache	-	90%
Sore throat	-	85%
Tender LN	-	80%
Myalgia	-	80%
Arthralgia	-	75%
"Hot"	-	75%
Allergies	-	55%
Abdominal pain	-	40%
Weight loss	-	20%
Rash	-	10%
Palpitations	-	10%
Night Sweats	-	5%

If fatigue,

think WAS

- Weakness
- Apathy
- Sleepiness

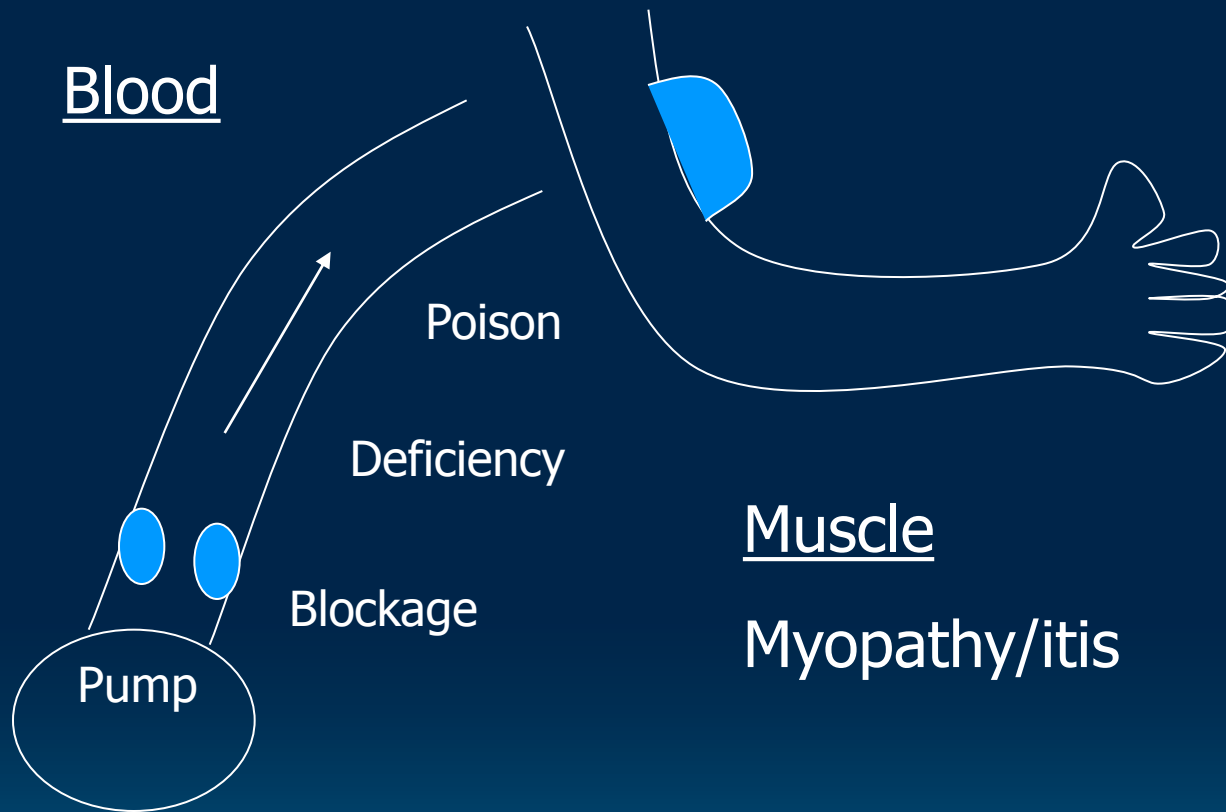


Fatigue



<u>"Weakness"</u>	<u>"Sleepiness"</u>	<u>"Apathetic"</u>
- rising from chair - dysphagia - opening jars - double vision - SOB on exertion - constant/progressive	- > 14 hrs/day - talking/driving - snoring - sudden	- post-exertional - good days/bad days - SOB on phone

Weakness



Nerve

- Neuropathy
- Transmitter

Muscle

Myopathy/itis

POTS / NMH

- position?
- eating?
- activity?

Apathy

- Depression
- Hyperventilation
- Other - CFS



Sleepiness

External

- Shifts
- Light
- Noise
- Pain
- Toilet



Internal

- OSA
- Brain problem
 - Electrical (Narcolepsy)
- Poison

Fatigue

- History :
- W A S
 - Autoimmune – Raynaud's, Sicca, Morning Stiffness, Rash
 - Infection – Fever, night sweats, travel, local system
 - Malignancy – “Big 4”

Fatigue

Physical : ➤ Full

- Lymph nodes (all), Thyroid, skin, testicles, oral mucosa
- HR lying/standing?

Lab : FBC, ESR, CXR

Lytes, LFT, Cr, TSH

MSU

Ferritin

The bottom right of the slide features several decorative concentric circles in a lighter blue shade, resembling ripples in water, set against the dark blue background.

Fatigue

? Hep C

? ENA

? SPE

? Calcium

? Random cortisol

? Other

? Stool

? Ig E

? celiac ab



Treatment

1. Cognitive Behavioural Therapy (?HVS)
2. Aerobic Exercise - Gradual
- 70% vs 30%
3. Documentation
4. Nutrition
5. Attitude (90% - 2 years)!

Summary

- Set Expectations
- Positive attitude (Dr and Patient !)
- Broad DDx
- Thorough Hx and Px
- Prudent, sequential and documented investigation- avoid repeat !

