

Checklist for Fatigue



The student asks the following questions:

- When did you first notice lack of energy?
- Do you feel it is progressing?
- How has your lack of energy affected your daily activities?
- Do you have a prior history of similar symptoms?
- Do you have a history of blood loss, peptic ulcer disease, vomiting of blood (hematemesis), or black stools?
- Do you have a history of abnormally long or heavy periods or blood in your stools (guaiac positive)?
- Do you have a history of repeated blood donations or unusual fatigability?
- Do you have symptoms such as racing heart rate, dyspnea, or breathlessness on exertion?
- Do you have an eating disorder or crave unusual food (pica)?
- Do you have a history of alcoholism, inflammatory disorders, or chronic infection?
- Do you have a family history of anemia?
- What do you typically eat in a 24-hour period?