

Diagnosis (IOM/NAM 2015)

The IOM/NAM 2015 clinical criteria are the current standard for diagnosing ME/CFS. Diagnosis is based on clinical assessment and exclusion of alternative explanations; no single laboratory test confirms ME/CFS.

Diagnostic Criteria

- Substantial activity reduction/impairment >6 months due to fatigue not alleviated by rest.
- Post-Exertional Malaise (PEM).
- Unrefreshing sleep.
- At least one: cognitive impairment or orthostatic intolerance (OI).

Notes

- Use targeted testing to exclude common mimics and establish baselines.