

Energy Index Point Score[®] (EIPS[®])

A Functional Capacity Measurement Tool for Chronic Fatigue Syndrome (CFS) Patients

To Physicians Caring for Patients with CFS

The Energy Index Point Score[®] (EIPS[®]) chart provides the severity of patient fatigue. A change in EIPS[®] level of one is a significant change. The EIPS[®] level is determined by agreement of physician and patient with the EIPS[®] chart easily available for viewing at out-patient visits. As the EIPS[®] level increases, CFS symptoms lessen and disappear.

How to use the EIPS[®] system in four easy steps:

- 1) Post the EIPS[®] chart in examining room
- 2) Ask patient to evaluate his/her level of activity based upon the prior two weeks
- 3) Question the patient's EIPS[®] evaluation
- 4) Record and track the EIPS[®] level. Report every 6-12 weeks.

0	Bed-ridden, up to bathroom only
1	Out of bed 30 - 60 minutes a day (sitting in chair is out of bed)
2	Out of bed sitting, standing, walking 1 - 2 hours per day
3	Out of bed sitting, standing, walking 2 - 4 hours per day
4	Out of bed sitting, standing, walking 4 - 6 hours per day
5	Perform with difficulty sedentary job 40 hours a week, daily naps
RECOVERY	
6	Daily naps in bed, may maintain a 40 hour sedentary work week plus light, limited housekeeping and/or social activities
7	No naps in bed. Up 7:00 a.m. to 9:00p.m. Able to work a sedentary job plus light housekeeping
8	Full sedentary workweek, no naps, some social activities plus light exercise
9	Same as 8 above plus exercise approximately 1/2 to 2/3 normal without excessive fatigue, awakens next morning refreshed
10	Normal

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