

# Priority Topic: FATIGUE

## Key Features:

1. In all patients complaining of fatigue, **include depression** in the differential diagnosis.

### *What you should study:*

✓ [Screening for Depression AAFP 2012](#)

2. Ask about other **constitutional symptoms** as part of a systematic approach to **rule out underlying medical causes** in all patients complaining of fatigue.

### *What you should study:*

✓ [Fatigue Ddx CFP 2007](#)

✓ [Fatigue AAFP 2008](#)

✓ [Fatigue Diagnosis CMAJ 2006](#)

✓ [Fatigue PBSGL 2014](#) [www.members.fmpe.org](http://www.members.fmpe.org)

✓ [Fatigue Primer U of T 2013](#)

3. Exclude **adverse effects of medication** as the cause in all patients complaining of fatigue.

### *What you should study:*

✓ [Fatigue as a Side Effect](#)

✓ [Radiation-related Fatigue](#)

4. Avoid early, routine investigations in patients with fatigue unless specific indications for such investigations are present.

***What you should study:***

- ✓ Investigating Fatigue in Primary Care BMJ 2010
- ✓ Fatigue: a rational approach to investigation RACGP 2014

5. Given patients with fatigue in whom other underlying disorders have been ruled out, assist them to place, in a therapeutic sense, the role of their life circumstances in their fatigue.

- ✓ Fatigue associated with stress and health BMC 2017

6. In patients whose fatigue has become chronic, manage supportively, while remaining vigilant for new diseases and illnesses.

***What you should study:***

- ✓ Chronic Fatigue AAFP 2012
- ✓ Fibromyalgia Diagnostic Criteria 2010

**A few additional articles on specific causes of fatigue:**

***What you should study:***

- ✓ Diagnostic Testing of OSA in Adults JAMA 2017
- ✓ Pediatric Sleep-disordered Breathing Diagnosis 2017
- ✓ Sleep Disorders in Children AAFP 2014
- ✓ Testosterone Deficiency MAYO 2016