

# Funktionsskala för myalgisk encefalomyelit av A Hummingbirds Guide to M.E.

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## Ability/Disability Chart for Myalgic Encephalomyelitis

This is a summarized version of the full-length 'M.E. Ability Scale' available on [www.ahummingbirdsguide.com](http://www.ahummingbirdsguide.com)

**MILD/MODERATELY AFFECTED** Physical activity is at around 50 - 60% of expected. Unable to perform strenuous tasks without difficulty, but able to work part-time in light activities or deskwork for 5 - 7 hours a day, although rest periods are required. Physical abilities degenerate significantly with sustained exertion. Cognitive functioning is at around 50 - 60% of expected. Unable to perform tasks which are excessively demanding on a cognitive level, but can complete lighter activities for 5 - 7 hours a day although rest periods are required. Cognitive functioning degenerates significantly in a crowded, noisy or busy environment or with sustained and/or high level use. Social life may be moderately affected. Mild/moderate symptoms (4 or 5/10) at rest. There is mild/moderate pain and/or sensations of illness/dysfunction throughout the body and brain for some parts of the day. Increasing moderate symptoms (6 or 7/10) for several hours, days or weeks following physical or mental activity beyond the persons limits.

**MODERATELY AFFECTED** Physical activity is at around 40 - 50% of expected. Unable to perform strenuous tasks, but able to work part-time in light activities or deskwork for 4 - 5 hours a day if requirements for quiet and resting are met. Physical abilities degenerate significantly with sustained exertion. Physically undemanding social activities are possible.

**MODERATE/SEVERELY AFFECTED** Overall activity level reduced to around 20 - 30% of expected. Not confined to the house but may be unable to walk without support much beyond 50 to 200 m, a wheelchair may be able to be used to travel longer distances. Several hours of deskwork may be possible each day if requirements for quiet and resting are met. Requires 3 or 4 regular rest periods during the day, only one 'large' activity possible per day usually requiring a day or more of rest in-between. Physically undemanding social activities are possible.

**SEVERELY AFFECTED** Overall physical activity level reduced to around 5 - 10% of expected. Usually confined to the house but may occasionally (and with a significant recovery period) be able to take a short wheelchair ride or walk, or be taken to see a doctor. Most of the day needs to be spent resting except for a period of several hours interspersed throughout the day when small tasks may be completed (or one larger one). Bed-bound or couch-bound for 21+ hours a day. Activity is mostly restricted to managing the tasks of daily living and some assistance with or modification of tasks is often required.

**VERY SEVERELY AFFECTED** Overall physical activity level severely reduced. No travel outside the house is possible. Bed-bound the majority of the day (22+ hours) but may (with difficulty and an exacerbation of symptoms) be able to sit up, walk or be pushed in a wheelchair for short periods/distances interspersed throughout the day (to the bathroom or to travel from room to room). Almost all tasks of daily living need to be done by others and/or heavily modified. Eating may be very difficult.

**EXTREMELY SEVERELY AFFECTED** Overall physical activity level very severely reduced. No travel outside the house is possible. Close to completely bed-bound (lying flat in bed 23.5+ hours a day). May sometimes (with difficulty and with an exacerbation of symptoms) be able to sit up, walk or be pushed in a wheelchair for very short periods/distances interspersed throughout the day (to the bathroom or to travel from room to room). All tasks of daily living need to be done by others and/or very heavily modified. Eating and drinking may be very difficult.

**PROFOUNDLY SEVERELY AFFECTED** Completely bed-bound and often/always unable to turn or move in bed (or at all) unassisted. Eating is extremely difficult and liquid food may be necessary. Swallowing liquids may also be difficult/impossible and in some cases nasal-feeding tubes may be required. Unable to care for oneself at all. Bed-baths (and other personal care tasks) undertaken by a career or family member may cause severe and lasting relapses in symptoms and so only be able to be attempted occasionally. Concentration, memory and other cognitive abilities are extremely severely affected. Achieving even a low level of concentration may be extremely difficult or impossible and there may be a high degree of cognitive confusion as a result. No TV or radio is possible. There may also be a difficulty maintaining consciousness for more than a few moments or minutes at a time. Any visitor to the room is almost impossible. Talking, even to the career/family, is often impossible. Reading or writing more than the occasional few words is often extremely difficult or impossible. There is very severe (9/10) pain and/or overwhelming sensations of illness/dysfunction throughout the body and brain *continually* - worsened to extremely severe (10/10) by even trivial physical or mental activity with a recovery period of hours, days or several weeks or months or more. In some patients any type of stimulus is intolerable, even very short/low exposures to light, noise, movement and motion are excruciating and may require a long recovery period. The smallest physical movements bring intense exacerbations in symptoms. Mental activity is similarly affected. It is all the person can do to just get through the day a few seconds or a minute at a time.