



E I P S

Energy Index Point Score™ Chart - 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 large 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 their 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.

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Energy Index Point Score scale A Functional Capacity Measurement Tool for CFS Patients

- 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**

R E C O V E R Y

- 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**