

Table 4 Fatigue: Assessment and management factors for consideration

Characteristics	<ul style="list-style-type: none">• Frequency• Intensity• Time of day• Type of fatigue (i.e. physical or cognitive)• Aggravating factors (i.e. physical activity, cognitive load, social and environmental exposure)
Assessment	<ul style="list-style-type: none">• Focused history• Validated scale to assess fatigue (i.e., Fatigue Severity Scale)• Consider blood test screening if appropriate (CBC, TSH, electrolytes)
Contributing causes of fatigue	<ul style="list-style-type: none">• Affective disorder, including depression, anxiety• Sleep disorder• Cognitive slowing and attentional problems• Autonomic dysfunction• Metabolic causes, including hypothyroidism, anaemia or chronic disease (e.g. rheumatoid arthritis)• Electrolyte abnormality (e.g. hyponatraemia, hypocalcaemia etc.)• Polypharmacy and medication adverse effect• Nutritional status

Source: Marshall S, Lithopoulos A, Curran D, Fischer L, Velikonja D, Bayley M. Living concussion guidelines: Guideline for concussion and prolonged symptoms for adults 18 years or older 2023 (*adapted*)

Further guidance
