

Common symptom- Fatigue

Focus your questions on the following aspects:

- 1) Psychiatric- anxiety, depression, substance abuse
- 2) Sleep disorders- insomnia, OSA.
- 3) Medical disorders- anemia, hypothyroidism, diabetes.
- 4) Advanced medical disorders- renal, heart, liver failure, lung disease.
- 5) Unknown- chronic fatigue syndrome.

Investigation/Management

- 1) Psychiatric- depression screen.
- 2) Insomnia
 - behavioural therapy-sleep hygiene, relaxation therapy, sleep restriction therapy.
 - Cognitive therapy
 - Pharmacotherapy- benzo.
- 3) OSA- Polysomnogram, Rx with risk factors modification, CPAP, uvulopalatoplasty.
- 4) Medical disorders- Blood test FBC, U&Es, Cr, TFT, TSH, HBA1c.

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