

Communicating impaired function can be challenging for people with ME/CFS, FM, OI, and Long COVID. In addition, clinicians often lack the time and tools to fully grasp the extent of impairment. BHC developed a simple questionnaire that helps patients to communicate the frequency, severity, and nature of their activity limitations.

Estimating the number of better (GOOD) versus worse (BAD) days and listing specific examples communicates the range of function.

Hours of Upright Activity (HUA), or time spent with **feet on the floor** (sitting with feet on the floor, standing, walking) versus time spent with feet elevated in 24 hours, takes a little thinking but clearly communicates tolerance for upright activity.

**Download, print, and fill out this questionnaire for your provider.**

## GOOD DAYS

While there may never be a true “good” day with chronic illness, there are “better” or more functional days. Indicate your hours of upright activity and ability to perform tasks on good or better illness days.

How many good days do you average in a month? \_\_\_\_\_

In a 24-hour period, how many hours of upright activity do you engage in on a good day? \_\_\_\_\_

How many hours of non-upright activity (feet elevated, lying flat) do you engage in? \_\_\_\_\_

### For the following, consider:

- Activities of daily living include things like dressing, bathing, preparing food, etc.
- Cognitive processing (reading, writing, answering text messages/emails, holding conversations, etc.)
- What other areas/aspects of daily living are affected by your illness?

Give examples of activities/tasks you CAN do on a GOOD Day:

Give examples of activities/tasks you CANNOT do on a GOOD Day:

## BAD DAYS

Indicate your hours of upright activity and the level of function you experience on bad or worsened illness days.

How many bad days do you average in a month? \_\_\_\_\_

In a 24-hour period, how many hours of upright activity do you engage in on a bad day? \_\_\_\_\_

How many hours of non-upright activity (feet elevated, lying flat) do you engage in? \_\_\_\_\_

### For the following, consider:

- Activities of daily living include things like dressing, bathing, preparing food, etc.
- Cognitive processing (reading, writing, answering text messages/emails, holding conversations, etc.)
- What other areas/aspects of daily living are affected by your illness?

Give examples of activities/tasks you CAN do on a BAD Day:

Give examples of activities/tasks you CANNOT do on a BAD Day: