

# Dr Bell's Disability Scale

This scale is from '*The Doctor's Guide to Chronic Fatigue Syndrome*', by David S Bell, pages 122-123.

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The attempt is to document as accurately as possible the severity of symptoms, the degree of activity impairment with both activity and rest, and the functional ability regarding full-time work ... This disability rating scale has been developed in our office and any physician wishing to use it may feel free to do so.

## CFS Disability Scale

### 100

No symptoms at rest. No symptoms with exercise; normal overall activity level; able to work full-time without difficulty.

### 90

No symptoms at rest; mild symptoms with activity; normal overall activity level; able to work full-time without difficulty.

### 80

Mild symptoms at rest, symptoms worsened by exertion; minimal activity restriction noted for activities requiring exertion only; able to work full-time with difficulty in jobs requiring exertion.

### 70

Mild symptoms at rest; some daily activity limitation clearly noted. Overall functioning close to 90% of expected except for activities requiring exertion. Able to work full-time with difficulty.

### 60

Mild to moderate symptoms at rest; daily activity limitation clearly noted. Overall functioning 70%-90%. Unable to work full-time in jobs requiring physical labour, but able to work full-time in light activities if hours flexible.

### 50

Moderate symptoms at rest; moderate to severe symptoms with exercise or activity; overall activity level reduced to 70% of expected. Unable to perform strenuous duties, but able to perform light duty or desk work 4-5 hours a day, but requires rest periods.

**40**

Moderate symptoms at rest. Moderate to severe symptoms with exercise or activity; overall activity level reduced to 50%-70% of expected. Not confined to house. Unable to perform strenuous duties; able to perform light duty or desk work 3-4 hours a day, but requires rest periods.

**30**

Moderate to severe symptoms at rest. Severe symptoms with any exercise; overall activity level reduced to 50% of expected. Usually confined to house. Unable to perform any strenuous tasks. Able to perform desk work 2-3 hours a day, but requires rest periods.

**20**

Moderate to severe symptoms at rest. Severe symptoms with any exercise; overall activity level reduced to 30%-50% of expected. Unable to leave house except rarely; confined to bed most of day; unable to concentrate for more than 1 hour a day.

**10**

Severe symptoms at rest; bedridden the majority of the time. No travel outside of the house. Marked cognitive symptoms preventing concentration.

**0**

Severe symptoms on a continuous basis; bedridden constantly; unable to care for self.

Details of the book:

*'The Doctor's Guide to Chronic Fatigue Syndrome'*

by David S Bell.

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