

My Real PBC Talk Tools: Fatigue Assessment

Real
PBC talk

PBC-related fatigue is one of the most disruptive symptoms of primary biliary cholangitis (PBC), affecting both physical and mental energy. As you complete this assessment, answer honestly and consider what someone close to you may have noticed. **Use your results to discuss the impact of fatigue on your daily life with your doctor.**

1. Have there been any activities in the past 3–6 months that you could no longer take part in because of your fatigue?

Think about the activities, hobbies, or errands you've either had to change or stop doing. Has this affected your work, your social life, or the time you spend with family and friends?

2. How would you describe your experience with fatigue?

Select all that apply.

- | | |
|---|---|
| ☐ Physical heaviness | ☐ Drained and tired |
| ☐ Like you're hitting a wall | ☐ Slowed down |
| ☐ Brain fog | ☐ Not enough energy to do all I need to |
| ☐ Not relieved by rest or sleep | ☐ Other _____ |

3. How would you rate your energy level since your last appointment?

Select the image that best reflects how you've been feeling, with 0% being "completely fatigued" and 100% being "full of energy."

