

# MIMS Learning: The 2021 NICE Guideline ME/CFS



## BRAND NEW CPD RESOURCE

Myalgic Encephalomyelitis  
Chronic Fatigue Syndrome

MIMS Learning, which produces high-quality CPD (continuing professional development) resources for Healthcare Professionals in primary care has now published a one-hour learning module on the new NICE clinical guideline for ME/CFS.

It covers all the key points in the new guideline regarding Symptoms, Diagnosis and Management, and opens by stating that ME/CFS:

*"...is a complex, chronic, multi-system medical condition for which the pathophysiology is still being investigated and that symptoms can fluctuate. And that patients may have experienced prejudice, disbelief and stigma."*

And that health professionals should take into account the effect that this may have had on:

*"...their ability to trust health and social care services; this has also been reported by healthcare professionals who have suffered with CFS as part of long COVID."*

The module also emphasises the importance of recognising post-exertional malaise and the removal of graded exercise therapy.

### The module recommends that GPs:

- Search your computer system for all your patients with a coded diagnosis of CFS or ME.
- Are they all under the care of a specialist clinic? If not, should they be referred?
- Consider running a teaching session about this guidance, focusing on diagnosis, primary care management and a review of your local pathways for referral.

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## TAKE THE COURSE

MIMS Learning is for Healthcare Professionals and requires a subscription to access. Subscriptions cost from £14.99 a month – annual plans are also available:

<https://www.mimslearning.co.uk/pages/subscriptions>

*"This CPD module about the new NICE Guideline is well worth recommending to your GP – in addition to the excellent Study PRN CPD module that Dr Nina Muirhead has already produced about ME/CFS."*

*"I have written in to say that it is disappointing that the module only uses the term CFS – reflecting the fact that we still have a long way to go when it comes to persuading the medical profession to abandon this name."*

*Dr Charles Shepherd  
Hon. Medical Adviser ME Association*

For more information please visit:  
<https://meassociation.org.uk/wxs6>

Author: Dr Toni Hazell, GP, London, UK

[WWW.MEASSOCIATION.ORG.UK](http://WWW.MEASSOCIATION.ORG.UK)

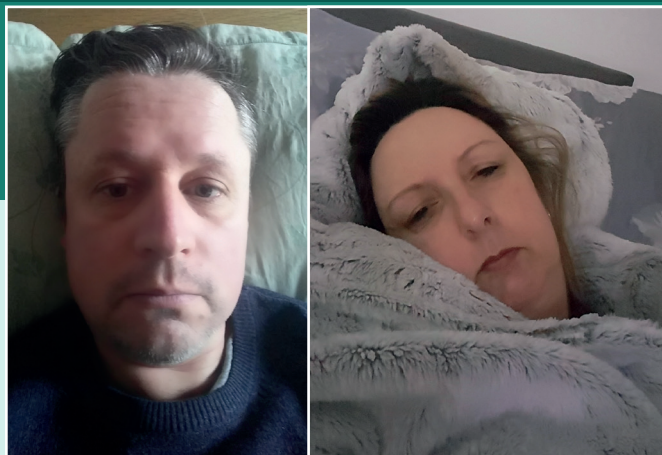
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## Educational objectives

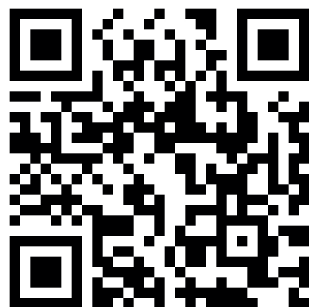
After completing this module, healthcare professionals will be better able to:

- Recall what's new and what's relevant to them in the October 2021 NICE guidance on ME/CFS
- Know what to do differently in practice in the light of the NICE guidance.
- Accurately assess symptoms and severity of ME/CFS.
- Know what treatments are appropriate for ME/CFS.
- Know when to refer for specialist input
- Be aware of areas of controversy in the management of ME/CFS.

For more information  
please visit:

[https://  
meassociation.org.  
uk/wxs6](https://meassociation.org.uk/wxs6)

Author: Dr Toni Hazell  
GP, London, UK



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1 CPD hour

Subscribe here:

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**Dr Toni Hazell summarises the 2021 NICE guideline for the diagnosis and management of encephalomyelitis/chronic fatigue syndrome (ME/CFS). The module outlines what's new in the guidance, what to do differently in your practice and some areas of uncertainty and controversy.**

*"Good summary of all the key points regarding diagnosis and management in the new guideline. Disappointing that the module prefers to use the term CFS throughout - given that this name is strongly disliked by the patient community. I have a conflict of interest here being a member of the NICE guideline committee...."*

Dr Charles Shepherd  
Hon. Medical Adviser ME Association

[WWW.MEASSOCIATION.ORG.UK](http://WWW.MEASSOCIATION.ORG.UK)

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