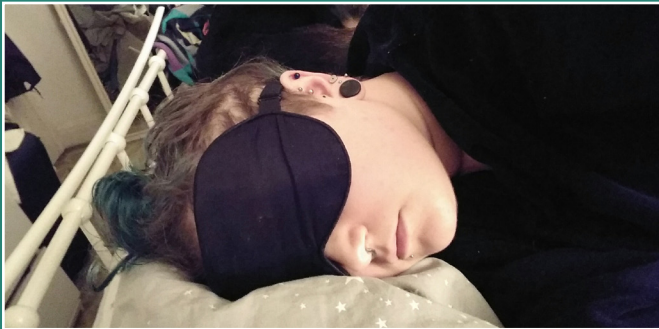


MIMS Learning: The 2021 NICE Guideline ME/CFS



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.

**MIMS
LEARNING**

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

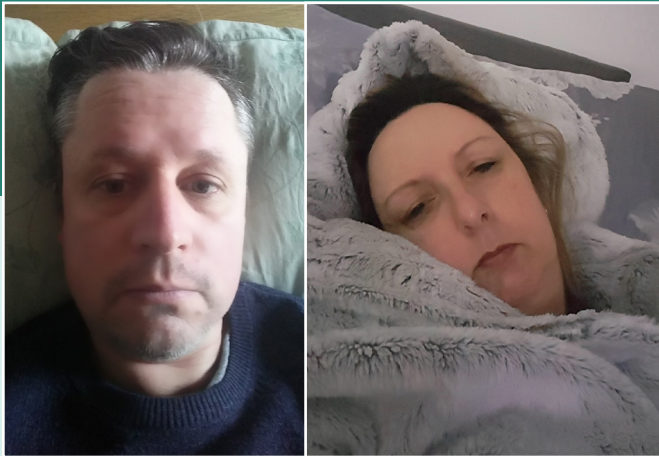
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Myalgic Encephalomyelitis
Chronic Fatigue Syndrome

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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>

Author: Dr Toni Hazell
GP, London, UK



TAKE THE COURSE

1 CPD hour

Subscribe here:

[https://www.mimslearning.co.uk/
pages/subscriptions](https://www.mimslearning.co.uk/pages/subscriptions)

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*

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