



Department
of Health &
Social Care

NIHR | National Institute
for Health Research

*From the Chief Medical Officer & Chief Scientific Adviser
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Dear ME Association,
NHS Guidance on the Management of Post COVID Fatigue

Many thanks for your letter dated 10th August 2020.

You will have seen that Prof Steve Powis has responded in some detail to your concerns around the NHS England guidance on the management of post COVID fatigue. I hope his response is helpful to you and addresses your queries.

This is an important issue for us all across the health system. The evidence in this area is constantly growing and so our knowledge and understanding in this area is rapidly evolving. We are keeping a close review of developments.

In June this year the National Institute for Health Research (NIHR) and the Medical Research Council launched 'Decode ME', the largest genome-wide association study into ME. This study may help in understanding of the mechanism of long-term fatigue generally and might offer the opportunity to link data to support enquiry in COVID positive patients if/where appropriate research ethics can be applied.

To gain an understanding of the long-term effects of COVID on hospitalised patients, the NIHR and UKRI have invested £8.4 million in 'PHOSP: the Post-Hospitalisation COVID-19 study', which aims to provide a comprehensive understanding of the physical and mental health impacts of the virus that persist after a patient is discharged.

Thank you again for bringing this issue to my attention.

Yours sincerely

PROFESSOR CHRIS WHITTY
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