

**SERVICE DESCRIPTION:** Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) Service

The CFS/ME Service is a specialist, regional therapy service for people affected by CFS/ME across South Yorkshire and North Derbyshire.

The service includes two teams – one for adults and one for children and young people. The service is available to individuals who have a provision diagnosis of CFS/ME, are registered with a GP within the region and who have been unable to self-manage their condition with the advice and management provided from primary care.

**ADDRESS:** Michael Carlisle Centre, 75 Osborne Road, Sheffield S11 9BF

**DIRECTORATE:** Specialist Directorate

**DATE:** December 2014

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## 1. ELIGIBILITY

The selection criteria for the above Service are applicable to:

For individuals aged over 16 years.

- Primary complaint of unexplained and debilitating, persistent or relapsing, fatigue (not caused by conditions such as inflammation or chronic disease): -
  - Of definite or new onset but a minimum of 4 months duration;
  - Not due to ongoing exertion and not substantially relieved by rest;
  - Severe enough to cause substantial reduction in previous levels of occupational, educational, social or personal activities.
- Symptoms are worsened by increased physical or mental exertion often with a delayed impact (i.e. it is felt later the same day or next day) and lasting for more than 24 hours. Recovery from such relapses may take days, weeks or even months.
- Plus at least 4 of the following symptoms in addition to the fatigue:
  - Frequent sore throats;
  - Memory, concentration or word-finding problems;
  - Unrefreshing or disturbed sleep;
  - Tender lymph nodes;
  - Nausea;
  - Dizziness;
  - Flu-like symptoms;
  - Multi-joint pain without swelling or redness;
  - Headaches of a new type, pattern or severity;
  - Muscle pain or twitching.

For individuals aged under 16 years see 'Referral Process' below.

## 2. THE REFERRAL PROCESS

- Children under 16 should initially be referred to a general paediatrician within six weeks of presentation of symptoms to their GP. The paediatrician can then refer to the CFS/ME Service following establishment of a diagnosis of CFS/ME.
- Young people aged 16-18 and adults over 18 years of age can be referred directly to the CFS/ME Service by their GP once recommended screening tests have been completed and provisional diagnosis of CFS/ME has been made following a minimum four month period of persistent symptoms.

### **3. GEOGRAPHICAL POPULATION COVERED**

- Individuals registered with a GP practice within the South Yorkshire and North Derbyshire region (Including Sheffield, Doncaster, Rotherham, Barnsley, North Derbyshire County and Hardwick Clinical Commissioning Groups).