

The Team

Dr D. Gale - Specialist Clinical Psychologist

Janey Readman - Specialist Nurse

Lisa Akerman - Specialist Physiotherapist

Debbie Matthews - Team Administrator

The team link in with **Education Support Team for Medical Absence (ESTMA)** by area:

- East Herts and Broxbourne
- North Herts and Stevenage
- St Albans and Dacorum
- Welwyn/Hatfield and Hertsmere

Contact Details:

East and North Herts CFS/ME Service For Children and Young People

Lister Hospital
Child and Adolescent Unit
Level 2, Lilac Zone
Stevenage
Hertfordshire
SG1 4AB

Central Contact:

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You can request this information in a different format or another language.

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Chronic Fatigue Syndrome/ME Service for Young People

Patient Information



Introduction

You have been referred to the team by your Consultant Paediatrician for a management plan to help you cope with your symptoms.

Pathway

- A postal questionnaire and a sleep questionnaire accompany this leaflet and your appointment letter.
- Please complete both questionnaires and return them to us in the enclosed envelope prior to your appointment.
- Your initial appointment will be to assess your symptoms and how they are impacting on your day to day life.
- The appointment is with the Specialist Nurse and Clinical Psychologist it is a 'talking' appointment and will not involve any physical examination.
- Information leaflets will be given to you.
- An individualised management plan will be agreed.
- There will be a follow-up appointment in four to six weeks and then regular reviews.
- E-mail and telephone contact available for advice.

Management Plan

- Baseline of activity identified, including physical, cognitive and emotional factors.
- Impact on education - may require a part-time timetable and support from ESTMA (Education Support Team for Medical Absence).
- Close liaison with school maintained by team.
- Impact on physical activity discussed and activity plan agreed.
- Possible referral to physiotherapy.
- Strategies identified to manage feelings.
- Quality and quantity of sleep discussed.



Clinics

We hold clinics at:

Lister Hospital
Child and Adolescent Unit
Level 2, Lilac Zone
Stevenage
Hertfordshire
SG1 4AB

Hertford County Hospital
Clinic A
North Road
Hertford
Hertfordshire
SG14 1LP

New QEII Hospital
Children's Services
2nd Floor, Red Zone
Howlands
Welwyn Garden City
Hertfordshire
AL7 4HQ

Physiotherapy Appointments:

Danestrete Health Centre
Southgate
Stevenage
Hertfordshire
SG1 1HB

School Meetings - in individual schools.