

Research shows that approximately 95% of children and young people with CFS/ME will make a complete recovery with treatment.

Contact details

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

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Chronic Fatigue Syndrome/ME Service for Children and Young People

Guidance for GPs



www.enherts-tr.nhs.uk

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

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Chronic Fatigue Syndrome/Myalgic Encephalopathy (CFS/ME) Service for Children and Young People

There is an established service for children and young people with CFS/ME in this area.

This service is provided by a multidisciplinary team, consisting of:

- Physiotherapist
- Specialist nurse
- Consultant paediatricians
- Education advisors
- Specialist clinical psychologist

The team provides:

- Assessment
- Therapy
- Management plan - using nationally agreed guidelines for children and young people
- Education and training for clinicians, professional groups, schools, patients and families
- A link with Hertfordshire Adult CFS/ME Service
- Links with tertiary services at UCH Adolescent Service and East London NHS Foundation Trust

Additional information

Am I in the area covered by this service?

The service is provided for patients in East and North Hertfordshire and the traditional catchment areas of Lister and New QEII Hospitals.

What should I do if I suspect a patient has CFS/ME in my practice?

We have agreed a care pathway based on NICE guidelines.

Children and young people with disabling fatigue need screening blood tests according to NICE guidelines, followed by a referral to one of the paediatricians at East and North Hertfordshire NHS Trust. We anticipate that GPs will continue to manage children and young people with mild CFS/ME, but moderate or severe cases will be managed by our specialist teams.

What will be done about patients who are bedbound or housebound?

These children and young people will receive care from our team and could be referred to the tertiary team.

What is the service aiming to offer?

Assessment, therapy and treatment using either a structured rehabilitation programme and support, or support only.

How will I know what is happening to patients I refer?

Feedback will be provided by the consultant and/or specialist nurse.

Referral process

Referrals will be accepted that meet the following criteria:

- Under 16 years or still at school
- Primary complaint of unexplained disabling fatigue which affects physical or cognitive functioning
- No alternative medical or psychiatric diagnosis has been made

Referrals from GPs will be to consultant paediatricians. Consultant paediatricians will refer to the team once a diagnosis has been made according to the criteria in the NICE evidence based guidelines.

An assessment will then be made by specialist psychologists and members of the team. A treatment plan will be drawn up with the child/young person and the family.