

Source: UK House of Commons

Date: December 3, 2021

URL:

<https://questions-statements.parliament.uk/written-questions/detail/2021-11-30/84462>

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Ref: <http://www.me-net.combidom.com/meweb/web1.4.htm#westminster>

[Written Answers]

Chronic Fatigue Syndrome: Health Services

To ask the Secretary of State for Health and Social Care, what steps he is taking to help ensure that NICE guidelines on treating and caring for people with ME are implemented across the NHS effectively, including within GP surgeries, hospital treatment and long term care.

Chronic Fatigue Syndrome: Medical Treatments

Alex Sobel

To ask the Secretary of State for Health and Social Care, what guidance is provided to medical practitioners on applying gradual exercise management and other non physical treatments to patients with ME.

Gillian Keegan

While the National Institute for Health and Care Excellence's (NICE) guidelines are not mandatory, we expect the healthcare system to take them into account when designing services to meet the needs of their local population and to implement guidelines over time. NICE is working with system partners to support the implementation of the guideline for myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS).

The guideline recommends that any programme based on fixed incremental increases in physical activity or exercise, such as graded exercise therapy, should not be offered for the treatment of ME/CFS. Any physical activity or exercise programmes should only be considered for people with ME/CFS in specific circumstances and should begin by establishing the person's physical activity capability at a level that does not worsen their symptoms. The guideline also contains recommendations on energy management, rest and sleep, pain, medication for symptom management, dietary management and supportive cognitive behavioural therapy.

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