

## Resources and initiatives from other M.E. organisations following publication of NG206

### Doctors with ME

Doctors with ME has a webpage: *'Putting it into Practice: What NICE ME/CFS means for GPs'*

<https://doctorswith.me/nice-gp-update/>

This presents extracts from the guideline and gives doctors with ME's 'take' on what it means for general practitioners. Some of the points are backed with reference to what is known about the biomedical basis of ME, which is useful additional information as this type of information is not a feature of a NICE guideline.

A four page Q & A presentation for GPs can be downloaded, including *So what DO we do, other than just energy management?*

There is also a link to the NICE guideline.

### #MEActionUK

#MEActionUK have a campaign to inform doctors of some of the most significant changes, including the prohibition on graded exercise 'therapy'. They have prepared a template letter that can be sent by e-mail, or printed off and posted:

<https://www.meaction.net/2021/11/09/tell-your-doctor-that-get-is-gone/>

This webpage also includes an excellent video (just under 3 minutes): *'Dear Doctor, you can help people with ME'*.

Key points from the guideline can be found on the medical education page:

<https://www.meaction.net/countries/uk/medical-education/>

with links to the video and to the Continuing Professional Development accredited course developed by Dr Nina Muirhead, a doctor with ME (there is information about this course on page 7 of the Winter 2021 Quarterly, Issue 52).

### Hope 4 ME & Fibro Northern Ireland

Hope 4 ME & Fibro Northern Ireland (<https://hope4mefibro.org>) has organised a series of five webinars, hosted by the Health and Social Care Clinical Education Centre (CEC) of Northern Ireland:

- (1) The New NICE Guidelines on ME/CFS (2021): How the paradigm has shifted;
- (2) Post-exertional Symptom Exacerbation: Activity and Rest & Physiotherapy for ME;
- (3) ME - When the Doctor Becomes the Patient;
- (4) Symptoms and Diagnosis of ME in Children & Adults with Very Severe ME (presented by Dr Nigel Speight;
- (5) OT for ME: Patient Self-Management Advice & ME/CFS Patient Support Groups.

At time of writing this series is first on the list of webinars at the CEC site:

<https://cec.hscni.net/webinar-recordings/>

There also is a brochure with links to the webinars here:

<https://view.pagetiger.com/me-fibro-webinars/1>

## The ME Association

The ME Association has produced a 28 page booklet which presents many of the recommendations of NG206, together with a brief introduction and a one page summary. 'An ME Association Summary of the 2021 NICE Clinical Guideline for ME/CFS' is in colour and with pictures, which may just encourage the professional to read. It can be found here:

<https://meassociation.org.uk/wp-content/uploads/An-ME-Association-Summary-of-the-2021-NICE-Clinical-Guideline-for-MECFS-December-2021.pdf>

In addition, with a view to media coverage during ME Awareness Week, the MEA are currently looking for feedback on how NHS services are responding - 'Praise where praise is due and call out the problems'. You can read about this here:

<https://meassociation.org.uk/2022/02/the-guideline-help-us-make-a-spectacle-of-ourselves/>

## Action for ME

Action for ME's website information is to be found at 'research and campaigns / hot topics':

<https://www.actionforme.org.uk/research-and-campaigns/hot-topics/2021-nice-guideline-for-me/>

This includes a discussion of 'Key changes' and 'Why is this guideline so important?'

Action for ME have also produced a 10 page document on 'Key differences', compares the new guideline from NICE to the previous one in details, setting out exactly what the respective documents say regarding:

- i. suspecting and diagnosing ME;
- ii. pacing and energy management; and
- iii. graded exercise and cognitive behavioural therapy

including the rationale provided by the guideline committee for the respective change.

There is a link to the document on the above webpage, or you can go directly to it here:

<https://www.actionforme.org.uk/uploads/pdfs/Key-differences-2007-2021-guidelines-011121.pdf>

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