



Intervention	050. Referral to Specialist Chronic Fatigue Services
For the treatment of	Chronic Fatigue Syndrome/ Myalgic Encephalomyelitis (ME)
Commissioning Position	<p>The recommendation is for this policy to retire.</p> <p>NICE guidance states that referral should be made to a specialist CFS service if the diagnostic criteria are met, symptoms have persisted for at least 3 months and are not explained by another condition. Any other details would be most appropriately addressed by a clinical pathway (if required) rather than an intervention policy.</p>
Evidence/Summary of Rationale	<p>Reflecting the common theme across the evidence about a lack of knowledge of ME/CFS and evidence that non-specialists in ME/CFS are not confident about diagnosing and managing ME/CFS, the NICE (National Institute of Clinical Excellence) committee recommended referring people with ME/CFS to an ME/CFS specialist team at 3 months to confirm their diagnosis and develop a care and support plan. agreed that the key to managing ME/CFS symptoms successfully is having a collaborative personalised care and support plan. This should be developed based on a holistic assessment as soon as the person's diagnosis is confirmed.</p>
Clinical Reference Documents	<p>https://cks.nice.org.uk/topics/tiredness-fatigue-in-adults/ https://www.nice.org.uk/guidance/ng206/</p>
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