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| Intervention | **050. Referral to Specialist Chronic Fatigue Services** |
| For the treatment of | Chronic Fatigue Syndrome/ Myalgic Encephalomyelitis (ME) |
| Commissioning Position | The recommendation is for this policy to retire.  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. |
| Evidence/Summary of Rationale | 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 Institue 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. |
| Clinical Reference Documents | [https://cks.nice.org.uk/topics/tiredness-fatigue-in-adults/](https://cks.nice.org.uk/topics/tiredness-fatigue-in-adults/management/management/#:~:text=Refer%20the%20person%20with%20CFS,whether%20a%20referral%20is%20needed)  <https://www.nice.org.uk/guidance/ng206/> |
| Effective from | October 2024 |
| Policy Review Date | October 2027 |