

Proposed Care Pathway for Adults with CFS/ME

Adult consults GP with range of symptoms:-
 Overwhelming fatigue Post-exertional malaise
 Physical symptoms Cognitive impairment
 Non-refreshing sleep

GP carries out basic screening tests, risk management and provides basic fatigue management information

TRAINING AND CONSULTATION FROM SPECIALIST TEAM

Referral to secondary care for the exclusion/treatment of other conditions

GP is able to provide a working diagnosis of CFS/ME and confirms the diagnosis within 6 months of the initial consultation

Further tests required

Mainstream services available locally or suitable for the patient

Referral to the specialist CFS/ME service for medical/therapy paper screening of referrals

Support / advice needed

Appropriate referral

Referral to local mainstream services – GP / Consultant provides information on local statutory and non-statutory services available for treatment

TRAINING AND CONSULTATION FROM SPECIALIST TEAM

Specialist team provide assessment, treatment and/or joint management / consultation

Further non-specialist input required

Patient achieves optimal outcome and is self managing

No

Yes

Ongoing support from local services and/or specialist team

Discharge from service

If relapse occurs patient can re-enter system

