

## CFS/ME Service for South Yorkshire and North Derbyshire

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### CFS/ME Service Overview

#### Background

The Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) Service is a specialist regional therapy service covering the five Primary Care Trusts of South Yorkshire and North Derbyshire comprising Sheffield, Rotherham, Doncaster, Barnsley and North Derbyshire County (formerly Chesterfield, NE Derbyshire and High Peak and Dale PCTs).

The Service consists of two teams, one for adults and one for children and young people. The Service is available to all people who have a primary diagnosis of CFS/ME and are registered with a GP within the catchment area.

#### Referrals (see referral guidance for additional detail)

Referrals for children under 16 should initially be made to a general paediatrician within six weeks of presentation of symptoms to their GP. The paediatrician can refer to the CFS/ME Service following establishment of a diagnosis of CFS/ME.

Young People aged 16-18, and adults over 18 years, can be referred directly to the CFS/ME Service by their GP once recommended screening tests have been completed and a provisional diagnosis of CFS/ME has been made following a minimum four month period of persistent symptoms.

#### What we do

The adult team consists of Occupational Therapists, a Clinical Psychologist and a Physiotherapist. It is supported for one day per week by a GP with a Special Interest in CFS/ME (GPwSI) The GPwSI provides:

- A review of the history and screening bloods provided by referrer
- Confirmation of diagnosis if required
- Support and advice for GPs regarding diagnosis and the medical management of CFS/ME symptoms
- A medical review for people with more complex presentations

As part of the acceptance process the team provides an individual assessment which includes an exploration of the options for therapy. The aims of the therapies offered are to work collaboratively with individuals in helping them to identify how they are currently coping with their CFS/ME symptoms and then enabling them to develop strategies to self-manage their condition.

The therapies offered provide brief, focused interventions to support people to reach a point where they feel more confident in self-managing their condition and include:-

- Activity Management – balancing energy use and rest using pacing and grading of activities
- Graded Exercise Therapy (GET)
- Cognitive Behavioural Therapy (CBT)

Interventions may also include:

- Help with concentration and memory
- Work related / educational advice
- Goal setting
- Stress management and relaxation
- Help with sleep and rest
- Emotional support
- Relapse management strategies