

We welcome your feedback

Whether it is a:

- Comment**
- Compliment**
- Complaint**

We aim to provide the highest level of quality and care for all our patients.

Your feedback helps us to improve the services we provide.

If you have anything to say about our services please email: pics.enquiries@nhs.net or visit the NHS Choices website.

Unit H4,
Ash Tree Court,
Nottingham,
Business Park,
Nottingham
NG8 6PY
Tel: 03000 830000

CFS/ME is often difficult to explain, difficult to understand, difficult to live with and challenging to treat.

Our understanding of CFS/ME and treatment of its symptoms has changed over the years and the CFS/ME service is continually reviewing the effectiveness of treatments offered in light of patient feedback and the clinical evidence base

The service is a member of the East Midlands CFS/ME Network and the British Association for CFS/ME (BACME).

Our aim is to keep you at the centre of your management plan. We will support you to find the treatment options that work for you and your lifestyle.

We can also offer advice and support with:

- Low mood and Anxiety
- Work issues
- Medication reviews
- Pain Management



Community Chronic Fatigue Syndrome/ME Pathway



What is CFS/ME?

The main symptoms of CFS/ME are persistent, profound physical and mental fatigue. Other symptoms may include painful muscles and joints, sore throats, headaches, pins and needles, sensitivity to light/noise.

People with CFS/ME often report poor concentration, problems with short term memory and word-finding. Sleep difficulties are common as are digestive disturbances and food intolerance. Most people with CFS/ME find their symptoms are made worse by physical and or mental exertion.

Symptoms may vary over time and between individuals both in nature and severity.

Symptoms are often debilitating and may lead to significant changes in lifestyle. As a result people with CFS may report feeling frustrated, helpless and low in mood.

What is the Nottinghamshire Community CFS/ME Service?

We provide evidence based treatments with specialist clinicians, experienced at working with people with CFS/ME. We see patients at GP practices across Nottinghamshire.

We offer individualised care and management plans to support individuals diagnosed with CFS/ME to develop strategies to best manage their symptoms and improve their quality of life.

What will happen when we receive your referral?

Once we receive the referral from your GP it will be triaged and allocated to a clinician experienced in working with people with a diagnosis of CFS/ME. You will then receive a letter inviting you to contact the service to book your initial assessment appointment.

When arranging your appointment you will be given a choice of sites, appointment dates and times to suit your needs.

What happens during your appointment with a CFS/ME specialist?

During your consultation we aim to develop an understanding of your symptoms and the impact of these on your life. We aim to help you increase your knowledge of CFS/ME and discuss treatment options.

We adopt a biopsychosocial approach and encourage the use of self-management strategies. At the end of the appointment we will agree a treatment plan.

What do we offer?

Diagnosis will have been made in most cases by your GP. We do not offer any further investigations. Following assessment you may be offered the option of a group or individual treatment programme.

Both group and individual interventions adopt a biopsychosocial approach, encouraging self management strategies.

The programmes include both information and practical sessions covering the following topics:

- Understanding CFS/ME
- Activity Management
- Quality Rest
- Graded Exercise Therapy
- Stress Management
- Cognitive Behavioural Therapy
- Memory and Concentration
- Understanding long term Pain
- Sleep
- Diet
- Communication

We support individuals as they experiment with and develop self-management strategies which enable them to respond flexibly to their symptoms of CFS/ME and live a valued life.

