



Central and
North West London
NHS Foundation Trust

Adult Chronic Fatigue Syndrome (CFS)/Myalgic Encephalomyelitis (ME) Service



Wellbeing for life

What is Chronic Fatigue Syndrome (CFS)/Myalgic Encephalomyelitis (ME)?

CFS/ME is a condition that causes physical and mental tiredness that does not improve after rest and often worsens after physical or mental exertion. In addition to fatigue, other common symptoms include:

- Impaired memory or concentration
- Unrefreshing sleep
- Muscle pain
- Pain in multiple joints
- Severe headaches
- Sore throat
- Tender lymph nodes

There is no cure for CFS/ME; therefore treatment tends to centre upon easing the symptoms over time. Around 250,000 people in the UK are thought to have CFS/ME.

The service

We are a specialist clinical service for adults who have Chronic Fatigue Syndrome (CFS)/Myalgic Encephalomyelitis (ME). We provide assessment, diagnosis and treatment for people experiencing mild to moderate symptoms of CFS/ME. We provide treatment for adults from a wide geographical area, covering the London boroughs of Hillingdon, Harrow, Hounslow, Hammersmith and Fulham, Ealing, Brent, Kensington Chelsea and Westminster.

The team is multidisciplinary, which means the team is made up of different professions. These include an occupational therapist, physiotherapist, clinical psychologist and assistant psychologist, supported by a service administrator. We are part of the national collaborative network for CFS/ME services.

The team runs a limited satellite service at St Pancras Hospital on Thursdays, intended for patients

who live or work closest to this location. Due to resource limitations, medical screening appointments and group treatment are only available at Hillingdon Hospital.

The referral process

We prefer referrals directly from your GP, as we require a summary of your background medical information and up-to-date blood test results to process any referral. If we receive a referral from any other health professional, we will then contact your GP to obtain this further information prior to proceeding with it.

If you already have an existing diagnosis of CFS/ME at the point of referral, you will be offered an assessment with a member of the team. If you do not have an existing diagnosis the option of medical screening is available before the therapy assessment.

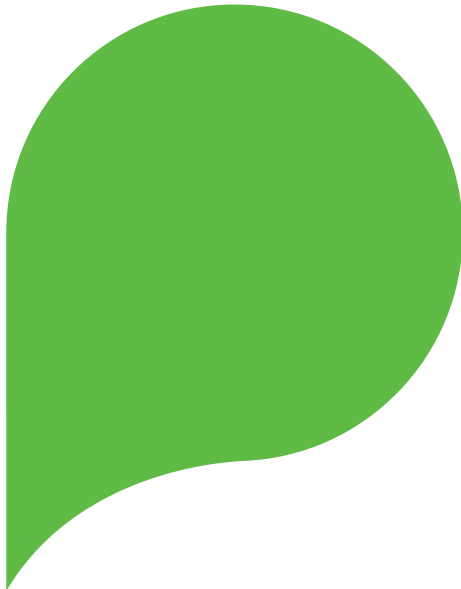
Medical screening

The medical screening is a 20-minute appointment to confirm or rule out a diagnosis of CFS/ME. We will review your blood test results and discuss your current symptoms and needs. If it is felt that your needs could be better met within a different service, we will let you and your GP know and make recommendations.

Intervention programme

The intervention programme follows a self-management approach as recommended by the National Institute of Clinical Excellence (NICE) including cognitive-behavioural therapy (CBT) and graded exercise therapy (GET). Sessions are designed to help you learn and develop strategies for managing symptoms of CFS/ME in order to cope in a more effective way. Please note that these strategies should help you improve gradually over time, but are not curative.

Patients can either attend our group programme at Hillingdon Hospital or individual treatment sessions at Hillingdon or St Pancras Hospital. We offer a three month review to all patients following completion of treatment. We also run regular 'Family and Friends' information sessions to enable people close to the patient to learn more about CFS/ME and the recommended treatment.



Contact details

Specialist Service for Adults with Chronic Fatigue Syndrome (CFS)/Myalgic Encephalomyelitis (ME)

Greenacres Centre
Hillingdon Hospital
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Phone: 01895 279374

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Email: hillingdoncfsme.cnwl@nhs.net

<https://www.cnwl.nhs.uk/service/hillingdon-chronic-fatigue-service/>

A decorative graphic consisting of two overlapping circles, one dark green and one light green, positioned on a light green hill-like shape that spans the width of the page.

Feedback, complaints and compliments

Tell us, we're listening! Our staff want to know how they are doing.

Tell us what you think at www.cnwl.nhs.uk/feedback then we'll know what we have to do.

If you have received good treatment or service and would like to thank the staff involved, please let us know by contacting the Patient Feedback and Complaints Service at feedback.cnwl@nhs.net or on 0300 013 4799. They will make sure that your compliments are passed on to the service or individual concerned as quickly as possible.

This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujurati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish