

PA 13 Chronic Fatigue Syndrome (ME) Prior Approval Policy

Pathway	
	Diagnosis of chronic fatigue syndrome (aka. myalgic encephalomyelitis).
Commissioned	
	Referral to a specialist centre for diagnosis of chronic fatigue syndrome is funded providing BOTH criteria apply: <ol style="list-style-type: none"> 1. Condition has been present for 6 months or longer; 2. Routine investigations have failed to find a specific underlying cause.
Not Funded	
	The inpatient treatment or management of chronic fatigue syndrome by specialist units.
Notes	
	<ol style="list-style-type: none"> 1. Management after a positive diagnosis should be undertaken by primary care in line with NICE guidance. 2. Referral to the Chronic Back Pain Service to support a graded programme of recovery may be appropriate
Rationale	
	<ul style="list-style-type: none"> ▪ Policy based on <i>NICE Clinical Guidelines Report to CMO 2002</i>. ▪ Chronic fatigue syndrome (CFS) otherwise known as Myalgic encephalomyelitis (ME) is sometimes referred to as post-viral fatigue syndrome. The cause of CFS/ME is still not understood and people often have symptoms for many years before the condition is diagnosed. ▪ CFS/ME is a debilitating disorder characterised by profound tiredness or fatigue in which patients become exhausted after light physical exertion and function at a level of activity substantially lower than their capacity before the onset of illness. ▪ In addition, patients often report various non-specific symptoms, including weakness, headaches, myalgia, excessive sleep, malaise, fever, sore throat, tender lymph nodes, impaired memory and concentration, insomnia and depression. The pattern and intensity of symptoms varies between people, and throughout the course of their illness. ▪ The report of the Chief Medical Officer's Independent Working Group states that the majority of the treatment and care of people with CFS/ME should be undertaken by primary and community services, with referral through to local secondary care specialist services when appropriate. ▪ Therapies include cognitive behaviour therapy (CBT), physiotherapy and an SSRI if appropriate.
Cohort	
	Adults and Children.
Equality	
	Compliant with the Equality Act 2010.
Status	
	RED as defined in the Prior Approval Scheme Policy.

PA 13 Chronic Fatigue Syndrome (ME) Prior Approval Policy

OPCS codes	
Not applicable.	
Version History	
No material changes from previous policy.	
Authorised	
April 2019	
Review	
April 2024 Earlier if new evidence published by NICE or other authoritative body.	