

PATIENT INFORMATION

ME/CFS/PCF Specialist Therapeutic Service

(Myalgic Encephalomyelitis/Chronic Fatigue Syndrome/Post Covid Fatigue)

The ME/CFS/PCF service consists of Specialist Occupational Therapists and a GP with a special interest in ME/CFS/PCF. Depending on your assessed needs, recommendations will be made in partnership with you at your assessment.

We aim to support you in continuing your journey to understand your illness and explore new skills. To help you to manage your daily life and cope with the physical, social, environmental and emotional difficulties you may be experiencing.

Below is an example of what areas of therapeutic intervention we can provide, these may be available through educational resources, short courses or 1:1 session(s).



Once you have had an assessment and recommendations made on your individual management plan, you will be sent an invite into either a short course or 1:1 session.

During your time with our service and prior to discharge, we will recommend, and you can request a 1:1 review session with your original assessing therapist.

Activity Management

Activity management supports you by increasing awareness of your daily activity, use of energy and management of PEM/PESE (post exertional malaise/post exertional symptom exacerbation).

You will be supported to explore self-management concepts that enable adaptation of your daily activity. To incorporate a flexible approach with a sense of balance around your daily routines.

Relaxation

We will discuss the benefits of rest for these conditions. Then consider ways to incorporate rest into your routine. You will be given the opportunity to explore and practice a range of relaxation techniques and skills. Effective rest and relaxation can enable the parasympathetic system to regulate the physiological processes in your mind and body.

Mindfulness

Mindfulness as a concept encourages increased present moment awareness by practicing skills and techniques. Mindfulness enhances the ability to make choices that are helpful to you in living with and self-managing ME/CFS/PCF. We will support you to test out a range of short, practical techniques and have the opportunity to then discuss the experience. We will encourage you to apply the techniques you find helpful to your daily routines and activities, supporting

Making Changes

In order to make changes/adaptations to daily life, you may need to reflect on the things that are important to you (values). These changes are to support you to optimise your ability to live with this condition. Part of this process is to purposefully set and grade your goals. There are tools and skills we can introduce you too that may be helpful in gaining more confidence to make these changes. These tools may help with reflection and the identifying of solutions to the challenges you

Movement

We will explore why movement is important in the management of your condition. Whilst being aware of PEM/PESE (Post exertional malaise and post exertional symptom exacerbation). Incorporating grading, mindfulness, pacing, regulation, sustaining and increasing activity. Giving you everyday practical techniques and skills in therapeutic movement.

We look forward to supporting you with your assessment and co-creating of your individual management plan

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.