

REFERRAL CRITERIA

Bath & Wiltshire CFS/ME Service

RNHRD NHS Foundation Trust
Upper Borough Walls, Bath BA1 1RL

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Chronic Fatigue Syndrome/NHS/Bath & Wiltshire

Specialist help for Adults with ME

This is the referral criteria for the Bath & Wiltshire CFS/ME Service, which is a local multidisciplinary service covering B&NES, South Wiltshire, Kennet & North Wiltshire and West Wiltshire PCTs, and working with an existing service based in Swindon. The team uses a hub and spoke model to ensure that the whole patch is covered effectively and has team members based in Bath, Salisbury and Swindon. Team members include 2 part-time Specialist Occupational Therapists/Service Leads, a part-time Referrals Coordinator/Administrator, 3 GP's with a specialist interest (GPSIs) and input from additional Occupational Therapists, Psychologist and Physiotherapist. The service is run on a part-time basis.

Patients should meet the following criteria for the diagnosis of CFS/ME - of 6 months duration or more:

- Pathologically sustained disabling fatigue/malaise after minimal exertion
- Post-exertional malaise (>24hours)
- Subjective Memory Impairment- concentration/memory/information processing
- Headache/painful joints or muscles without evidence of inflammation
- Sleep disturbance
- Immune System Dysfunction – recurrent infection, allergies, food intolerance
- Autonomic Nervous System problems- vasomotor/bowel or bladder dysfunction
- Neuroendocrine system dysfunction e.g. loss of thermostasis, emotional lability

To exclude other possible causes of chronic fatigue, the following conditions should have been considered:

- Adrenal insufficiency
- Anaemia
- Chronic infection
- Coeliac disease
- Immunodeficiency
- Fibromyalgia (pain dominates fatigue in clinical presentation)
- Connective Tissue Disorders (e.g. SLE)

- Malignancy
- Anxiety/Depression
- MS
- Myasthenia Gravis
- Primary Sleep Disorder
- Other Rheumatological Diseases
- Thyroid Disease
- Somatisation

The following basic tests should have been completed in order to exclude other causes

- FBC
- ESR/CRP
- U&E, Ca
- Liver/Thyroid
- CK
- Glucose
- Urinalysis
- Consider autoantibody tests to rule out other differential diagnosis

Refer to Appropriate Specialist if Diagnosis In Doubt

Specialised Tests at this stage may include:

- | | |
|----------------------------|----------------------|
| Anti-gliadin/endomysial Ab | Autoantibody screen |
| Infectious Disease screen | Short Synacthen Test |
| MRI | Hormone Levels |
| Muscle biopsy | |

Exclusion criteria for the CFS/ME Service

- Major psychiatric illness with psychotic or manic features.
- History of failed rehabilitation specific to CFS/ME (e.g. specialist CBT programme) unless there are specific reasons to reconsider the role of rehabilitation (please outline these in the referral).
- Concurrent rehabilitation from another service.
- Ongoing medical investigation

What the service offers

- Multi-disciplinary assessment, domiciliary and outpatient.
- The primary treatment programme consists of pacing-focused out-patient lifestyle management groups
- There is some scope for individual treatment sessions, and occasional domiciliary work
- Consultation and advice in liaison with Primary Health Care Teams.

Please include a cover letter with referral form

That covers:

- Any queries regarding the diagnosis of CFS
- Details regarding other relevant health history
- Details of any mental health history
- Any other relevant information

NB: We do not offer long-term counselling