

| | |
|-----------------------------------|--|
| Policy title | Chronic Fatigue Syndrome / Myalgic encephalomyelitis (or encephalopathy) (CFS/ME): Inpatient therapy V2.0 |
| Policy position | Intervention Not Normally Funded |
| Date of ICB recommendation | July 2023 |

Chronic Fatigue Syndrome / Myalgic encephalomyelitis (or encephalopathy) (CFS/ME) is a complex, multi-system, chronic medical condition. It can cause many different symptoms, which can be triggered or worsened by any kind of effort or activity. Symptoms include flu-like malaise, sleep difficulties, brain fog and a profound fatigue that is unlike normal tiredness. People may also experience chronic pain, headaches, nausea, digestive problems, and sensitivity to light, sound and other stimuli. Symptoms come and go and can change or worsen with little warning, causing distress and disrupting people's lives.

BLMK ICB support the management of CFS/ME as per NICE NG206.

Due to the lack of evidence of clinical effectiveness and cost effectiveness, inpatient treatment of CFS/ME is **not normally funded**.

NOTE:

- This policy will be reviewed in the light of new evidence or new national guidance e.g. from NICE
- Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process

Reference:

NICE NG206: Myalgic encephalomyelitis (or encephalopathy)/chronic fatigue syndrome: diagnosis and management. Published October 2021.

Clinical coding: ALL ages.

G93.3 Post viral fatigue syndrome

Key words: Chronic Fatigue Syndrome, Myalgic encephalomyelitis, CFS, ME

| Policy update record | |
|-----------------------------|---|
| July 2023 | Update of policy in line with new NICE guidance and removal of position on out of area referrals. |