



ME CFS
CANTERBURY

For Support,
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Dear Health Professional

Update of the CDHB Community HealthPathway for Chronic Fatigue

We are writing to let you know that on the 29th November 2019, the local HealthPathways team published new guidance for Chronic Fatigue and ME/CFS (Myalgic Encephalomyelitis /Chronic Fatigue Syndrome) on the Community HealthPathways platform used by General Practitioners and other health professionals within the Canterbury District Health Board area (now Te Whatu Ora Waitaha).

The previous 'Chronic Fatigue Syndrome' pathway has been replaced by a 'Chronic Fatigue' pathway that will aid differentiating between idiopathic chronic fatigue, ME/CFS and other conditions. The pathway includes current evidence-based best practice. The previous recommendation for Graded Exercise Therapy (GET) for people with ME/CFS has been removed as this is now considered harmful.

As per the Daily Update notice from the CDHB Community HealthPathways team, the review resulted in the following changes:

- Separation of ME/CFS from idiopathic chronic fatigue but cover of both
- Use of IOM diagnostic criteria for ME/CFS
- Removal of recommendations for CBT and GET
- Reduced recommendation for trial of antidepressants
- Increased supportive advice for GP team management
- Follow-up recommendations
- Increase in discussion of orthostatic symptoms
- Removal of out of date NICE and Patient information (from links in Further Information for health professionals. Links for Further Information for patients has yet to be updated.)
- Addition of new education material

We encourage you to become familiar with the new guidance for diagnosis, treatment and management of this debilitating condition. Please reach out to us to access the latest research summaries and other guidance, or to assist you in other ways.

We also invite you to refer ME/CFS patients to us so that we and our Registered Nurse Service can support them in living with ME/CFS.

Yours sincerely
The Committee
MECFS Canterbury