

Purpose

1. This report presents feedback from the 'one-off' study group examining issues associated with Myalgic Encephalomyelitis (ME) and Chronic Fatigue Syndrome (CFS).

Information

2. On 4th July 2011 an informal study group of Members from the Social Care and Health Standing Committee met with representatives from the Nottinghamshire Adult CFS/ME team at Nottingham University Hospitals NHS Trust.
3. The study group learnt that, having diagnosed the condition, a general practitioner must observe it for 1-3 months to confirm the diagnosis and during that time possibly carry out tests and administer medication.
4. Anyone accepted as having mild to moderate symptoms may then be referred to Nottinghamshire Adult CFS/ME Service. This service has one full-time member and four staff who have duties outside this immediate field of work. People referred to the service must attend the City Hospital campus which covers the whole of Nottinghamshire. There are individual and group sessions appropriate to the patient. These can be of 1 to 2½ hours duration over a period of six to nine weeks; and those attending these sessions give them a high satisfaction rating.
5. Many people see an improvement in their quality of life within a year. However, it was recognised that this does not apply to all sufferers, particularly those with other complicating conditions.

Chronic sufferers cannot be referred to the service; their condition is treated at home until it reduces to "moderate." During this period they would receive the appropriate services from Nottinghamshire County Council's Adult Social Care and Health Department.

6. After receiving the presentation, the study group agreed that it would not be appropriate to undertake a full review of this area as that would be unlikely to improve the service to the benefit for all service users.

Recommendation

7. It is recommended that the Social Care and Health Standing Committee does not undertake a review of myalgic encephalomyelitis provision at this time.

Councillor Ged Clarke

Chairman of Social Care and Health

Scrutiny Co-ordinator: martin.gately@nottsc.gov.uk

Background papers: nil