

Dear Healthcare Professional

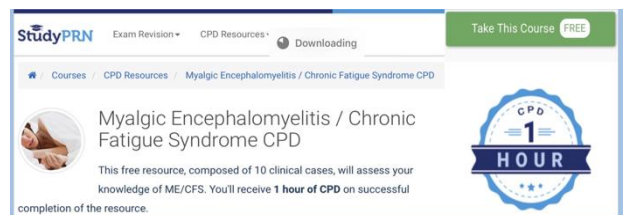
ME/CFS is a chronic, debilitating, neurological illness which can be extremely challenging for doctors and patients alike. We are therefore delighted to inform you of a new CPD Accredited, online training module (one hour) produced by the UK CFS/ME Research Collaborative (CMRC). This online course has been produced for healthcare providers and will count towards continuing professional development (CPD) and result in a certificate.

The course offers guidance on diagnosis, patient self-management and what medications to consider for control of certain M.E. associated symptoms.

Professor Tim Dornan (QUB and ASME) has endorsed the module stating, "It's a scholarly and informative resource."

Link to the ME/CFS module here: <https://www.studyprn.com/p/chronic-fatigue-syndrome>

CMRC is a UK group of researchers and ME/CFS patient groups led by Professor Stephen Holgate. Their Medical Education Group which is led by Dr Nina Muirhead (an NHS surgeon with M.E.) has launched in partnership with StudyPRN, this is **FREE** online course about ME/CFS.



This has been a team effort and includes input from **Dr. Rhea Snounou, our Medical Education Ambassador**, the ME Association, Physios 4 ME, and the CMRC Advisory Group.

The charity also offers a number of **FREE** opportunities for Northern Ireland healthcare professionals and medical students, including the following.

- If you would like to avail of our FREE, M.E. adult and paediatric information pack, please contact the charity directly.
- We also provide copies of a short booklet of personal stories and helpful advice and tips, to offer support for patients diagnosed with M.E. and Fibromyalgia. (A small charge of £1.20 per booklet, includes P&P).
- A new booklet for physiotherapists, occupational therapists and GPs, is currently being designed, with guidance from specialists in this area of healthcare provision. Please keep a look out on our website where new Zoom monthly meetings, with international expert speakers, are now being accommodated as the result of Covid-19 social distancing regulations.


- **Bursary Fund: Dr. Olivia Beattie, Hope4MEfibro Education Officer.**
Our charity can assist with funding to attend either the Invest in ME (www.investinme.org) or the CFS/ME Research Collaboration conferences. Videos of the 2020 CMRC conference are available on YouTube.
- Our first GP surgery educational presentation program took place in January this year, we can provide this service either remotely or in person after lockdown lifted.
NB: Full PPE equipment would be worn if the presentation is delivered in person by a charity trustee, patient expert.

Kind regards
The Trustees, Hope 4 ME & Fibro Northern Ireland

E: hope4mefibro@outlook.com T: 07712892834 (Monday- Friday after 2pm only please)
W: <https://hope4mefibro.org/>

ME/CFS Awareness & Education Presentations

**For GP Surgeries
Medical Students
Social Workers
Hospital Staff**






Educational Content Designed by
Dr. Rhea Snounou, M.E. Patient
&
Dr. Olivia Beattie, M.E. Patient

Delivered by Charity Founder
Mrs. Joan McParland M.E. Patient

What's covered in this FREE 60 minute guide to Myalgic Encephalomyelitis, sometimes known as Chronic Fatigue Syndrome, ME/CFS?

1. Diagnostic Criteria, Key Symptoms & Severity
2. Summary of Research
3. Misdiagnoses, Overlap with Fibromyalgia
4. Basic Clinical Management & Potential of Harm Caused by GET
6. Supporting Materials from UK 'Physios for ME'
7. Dialogues for a Neglected Illness (short video)
A Wellcome Public Engagement Award Project

Our Northern Ireland surveys have indicated, healthcare providers from all disciplines, believed M.E. to be MUS (Medically Unexplained Symptoms) and GET/CBT to be suitable treatments. Opinions were transformed after viewing this factual guide to M.E. which is coded as neurological by the W.H.O. and Northern Ireland NHS SNOMED System.

Building Bridges To A Better Future