

*Better
Together*

Patient information

Chronic Fatigue Syndrome (CFS/ME) Therapy

Tropical and Infectious Disease Department

Broadgreen Hospital and the Royal Liverpool Hospital PIF 1268 V4

This leaflet has been prepared to help patients who have been referred to the CFS Therapy Service at Broadgreen Hospital. It answers some of the most commonly asked questions about what happens next.

I have been diagnosed with CFS, so what happens now?

Following your diagnosis at clinic you will be referred to the CFS Therapy Service which is based at Broadgreen Hospital in Liverpool. Within the next twelve weeks you will be invited to attend a CFS group Information Session run by the CFS Therapy Team.

Who are the CFS Therapy Team?

The CFS therapy team is comprised of health professionals that include a clinical nurse specialist, occupational therapists and some input from a clinical psychologist

What is the CFS Information Session?

This is a group session that occurs approximately three times a month and lasts 60 minutes. You are encouraged to bring a relative or friend with you.

What happens at the CFS Information session?

The information session aims to provide you with an understanding of the causes of your symptoms, learning how to manage your condition in a more helpful way and how to stop further deterioration in your condition. You will also be informed about the approaches used by the CFS therapy service which include pacing, graded activity and Cognitive Behavioural Therapy (CBT).

What happens after the CFS Information session?

After the information session it is up to you to decide whether or not you feel that you need further input from the therapy team. If you decide that the approaches used by the CFS Therapy Team suit your needs and you would be able to attend on a regular basis, you need to return a form and opt-in to receive further support from the service. For some people the information session alone provides sufficient advice for their condition to improve.

If I do decide to opt-in for further therapy how long will I wait to be seen?

You will receive an initial telephone consultation with the team within four to six weeks following which you will attend up to two group workshop sessions. Unfortunately, due to staffing difficulties and service demands, you may have to wait some months before you are seen on a one to one basis by one of the therapy team.

However the information pack that you are given at the CFS group information session will provide you with ways in which you can begin the process of managing your condition in a more helpful way.

How many therapy sessions will I have?

This will depend on the nature of your difficulties. For most people it is usually two workshops followed by several individual sessions. Please note that long-term therapy is not available within this service.

What happens if I can't attend a therapy session?

Once a date and time for your one to one sessions has been agreed it is important that you attend. If you are unable to attend please let us know as soon as possible. It is generally not possible to use a therapy session slot for another patient without two weeks notice.

If you do need to cancel at short notice, please phone by the morning of your appointment to inform your therapist. . You can also request that your therapist replace your one to one appointment with a telephone contact at the same date and time instead. Please note, your first one to one appointment cannot be replaced with a telephone call.

Where will I be seen?

All therapy takes place in the CFS Therapy Service which is based at Broadgreen Hospital, Liverpool.

What do I need to do?

When you receive your letter with a date and time for the CFS Group Information Session just telephone and leave a message to let us know if you are able to attend or not.

Further information

CFS/ME Therapy Service

Ward5/7 Corridor

Alexandra Wing Broadgreen Hospital

Tel: 0151 282 6185

Text phone number: 18001 0151 282 6185

www.nice.org.uk/guidance/CG53

www.afme.org.uk

www.meassociation.org.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

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زانیاری پیوندیدار بهو نمخوشانهی له‌لایمن تراستهوه پاسهند کراون، نهمگ داوا بکریت له فورماتمکانی تردا بریتی له زماتمکانی تر، نیز ی رید (هاسان خونندنهوه)، چاپی گموره، شریتی دهنگ، هیللی موون و نملیکترونیکی هیه.

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