**Chronic Fatigue Syndrome /Myalgic Encephalomyelitis (CFS/ME) Adult Pathway Form**

In order to ensure that the NHS commissioned pathway for Vale of York CCG, Scarborough & Ryedale CCG and Hambleton, Richmondshire & Whitby CCG is being used appropriately please confirm that the following conditions below are met. Any referrals unable to meet the conditions below will not be considered through the commissioned pathway and would require approval by the Individual Funding Panel for the relevant CCG.

**Form must be sent together with a standard referral letter and copies of recent blood tests**

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| **Patient Name: Date of Birth:** | **Tick each box to confirm** |
| The patient meets the diagnostic criteria for CFS/ME (NICE Guidelines) |  |
| The patient does not have pre-existing problems with mood disorder, anxiety disorder (including PTSD), obsessive compulsive disorder, personality disorder or psychosis. *Patients with mild level disorders starting after the onset of the symptoms and likely to be a consequence of physical disability can still be seen on the CFS/ME pathway.* |  |
| The patient does not have an eating disorder or BMI below 17 or above 45, or health problems that affect dietary intake, such as Crohn’s Disease or Coeliac Disease. |  |
| There is no evidence of a sleep disorder, such as sleep apnoea. |  |
| The patient is not taking opioid medication or medication that may be inducing a high level of fatigue. |  |
| The patient does not have another medical condition that could explain their fatigue, including fibromyalgia, or unstable maintenance of conditions such as chronic pain disorder, diabetes or thyroid disorders. |  |
| Blood tests are within normal range and/or any abnormalities, such as vitamin deficiency or anaemia have been treated sufficiently or do not provide an explanation for symptoms. ***(Copies of investigations specified for the pathway must be attached/included****)* |  |
| The patient has completed all investigations or concurrent interventions under other specialists that could reduce the fatigue. |  |

**Signed: Print:**

**GP Practice:**