Dear XXX

**Updated NICE guideline and free online learning module**

Following detailed consultation with the Royal Colleges and patients, the National Institute for Health and Care Excellence has updated its guideline for Myalgic Encephalomyelitis (M.E.)/Chronic Fatigue Syndrome (CFS).

You can find the full guideline at [www.nice.org.uk/guidance/ng206](http://www.nice.org.uk/guidance/ng206)

Published in October 2021, it advises that people with M.E. should not be offered “any therapy based on physical activity or exercise as a cure for M.E./CFS” or “any programme that uses fixed incremental increases in physical activity or exercise, for example, graded exercise therapy (GET).”

Instead, it recommends discussing the principles, and potential benefits and risks of energy management which, while not a cure, can help people with M.E. manage energy and activity “while reducing their risk of post-exertional malaise or worsening their symptoms by exceeding their limits.”

UK charity Action for M.E. summarises other key updates to the guideline here: [www.actionforme.org.uk/NICE](http://www.actionforme.org.uk/NICE)

And it offers a free resource supporting self-management through pacing, another term for energy management, here: [www.actionforme.org.uk/pacing](http://www.actionforme.org.uk/pacing)

**I also wanted to highlight a free, CPD-accredited learning module for GPs and health professionals on M.E./CFS at** [**www.studyprn.com/p/chronic-fatigue-syndrome**](https://www.studyprn.com/p/chronic-fatigue-syndrome)

Dr Nina Muirhead developed the module in partnership with the UK CFS/M.E. Research Collaborative. It is based on clinical case studies, which aim to typify patients who may or may not display signs and symptoms of M.E./CFS, and reflects emerging biomedical evidence, evolving international discussions and the patient perspective.

The module is free, usually takes under an hour to complete, and provides one CPD point towards revalidation. Health professionals who have completed this module have reported feeling increased confidence in diagnosing and manage the symptoms of M.E./CFS.

Action for M.E. is producing a series of podcasts to accompany the module, including an episode on the new NICE guideline, and featuring interviews with clinicians, medical students and people with M.E. See more at [www.actionforme.org.uk/CPDforMECFS](http://www.actionforme.org.uk/CPDforMECFS)

Many thanks

XXX