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**Action for ME**

**2025 Medical student essay competition**

The aim of this competition is to promote discussion and understanding

of diagnosing and treating ME

**Essay title: What is your most important learning point about ME/CFS?**

All entrants are asked to access and complete Learna’s [**free CPD training module on ME/CFS**](https://www.studyprn.com/p/chronic-fatigue-syndrome), developed by Dr Nina Muirhead, before starting work on the essay.

Please complete this cover sheet and submit along with your essay by

**noon on Monday 3 November 2025** to scotland@actionforme.org.uk

**Please do not include your name, email or identifying information in the essay itself.**

|  |  |
| --- | --- |
| First name |  |
| Surname |  |
| Email  |  |
| Phone number |  |
| University  |  |
| Course name |  |
| Year of study |  |
| I confirm that I have completed Learna’s training module on ME/CFS, linked to above. I confirm that this essay is my own work, not part of any coursework submitted as part of an examination, within the 500-word limit (excluding references), and appropriately acknowledges material taken from other sources.I understand that by entering the competition I agree to do a short interview and share a suitable photo of myself that Action for ME can use to promote the competition, highlight the importance of medical education, and raise funds for Action for ME’s services, campaigning and research work.Signed: ………………………………………………. Date: ……………………………………………… |