



Professional development for ME

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Introduction

The following resources aim to help professionals feel more confident supporting people with ME.

All are based on the [2021 NICE guideline](#) for diagnosing and managing ME/CFS, but that doesn't mean they are only useful for medical professionals.

If you are a social worker, teacher, community link worker or other professional working with someone with ME, these resources can help you better understand the basics of the condition, why it's important that children, young people and adults with ME pace themselves to manage their limited energy, and what you can do to support them in this.

Learn about ME

Learna's free CPD-accredited [learning module on ME/CFS](#) by Dr Nina Muirhead is composed of ten clinical cases, assessing professionals' knowledge. They will receive a one CPD point on successful completion of the module.

As part of our Learn about ME project funded by the Scottish Government (April 2022 to March 2025), Action for ME produced 12 [Learn about ME podcasts](#) and three [Learn about ME webinars](#) sharing insight and experience from patients and health professionals, to accompany Dr Muirhead's module.

- [Episode 1](#) – Learn about ME overview, with guests describing how the module can improve experience and outcomes for both patients and professionals.
- [Episode 2](#) – Learn about ME and Long COVID, and its similarities to ME/CFS.
- [Episode 3](#) – Learn about ME and the 2021 NICE guideline on diagnosing and treating ME/CFS in children, adults and young people.
- [Episode 4](#) – Learn about ME in Medical Schools, with insight from medical students.
- [Episode 5](#) – Learn about ME and social care, highlighting that 'reablement' is not an appropriate approach for someone with ME/CFS.
- [Episode 6](#) – Learn about ME and Nursing, highlighting how much of the learning from the module can be applied to people with Long COVID as well as those with ME/CFS.

- [Episode 7](#) - Learn about ME and Physiotherapy, with a focus on being person-centred as people with M.E. can all present very differently
- [Episode 8](#) - Learn about ME and [DecodeME](#), the world's largest genetic study of ME/CFS.
- [Episode 9](#) - Learn about ME and GP Prescribing, which considers what GPs need to remember when prescribing for individual symptoms and/or associated condition such as have Postural tachycardia syndrome.
- [Episode 10](#) - Learn about ME and Paediatrics with consultant Dr Binita Kane and Helen Gibson, whose teenage daughter has ME/CFS.
- [Episode 11](#) - Learn about ME and Occupational Therapy, looking at pacing with energy a person-centred approach.
- [Episode 12](#) - Learn about severe ME, with insight from severe and very severe patients, plus Dr Robin Kerr and Helen Brownlie of the [25% ME Group](#).

Dr Muirhead and Action for ME clinician Dr Robin Kerr hosted our free [Learn about ME webinar for GPs](#) on in September 2024. All attendees who responded to the webinar poll agreed that they feel more confident to support patients with ME as a result. While primarily aimed at GPs, it also offers a simple overview of ME that patients have told us they find helpful in understanding the condition.

NHS England e-learning modules

NHS England offers the following e-learning modules:

- [Introduction to ME/CFS](#) is accessible to all (see below) and aims to introduce the complex nature of ME/CFS. The session explains what ME/CFS is, discusses the potential causes and diagnostic challenges and provides an overview of possible management strategies.
- [ME/CFS: guidance for community-based healthcare practitioners](#) aims to inform and empower community-based healthcare practitioners with the knowledge and tools needed to effectively diagnose, manage and support patients.
- [Supporting people with severe ME/CFS](#) highlights the challenges linked to the condition and shows how simple changes in community and hospital settings can make care safer and more comfortable.
- [Support and clinical management of severe ME/CFS](#) provides practical, evidence-based recommendations in strategies for care in the community, nutritional support, managing risk in hospital care and pharmaceutical support.

PLEASE NOTE: Accessing NHS England e-learning modules requires an [NHS Learning Hub registration](#).

The NHS and social care workforce are classed as Learning Hub Full users and can access all resources, plus additional content marked as appropriate.

Individuals who are not within the NHS or social care scope can register for a Learning Hub General user account using their personal email address. General users will then be granted access to resources that are accessible to the wider audience.

You may also find the following resources useful:

- A four-page [Pacing and management guide for ME/CFS](#) by global patient charity #MEAction
- Bateman Horne Center's [ME/CFS Crash Survival Guide](#)
- [Activity and Energy Management – Pacing \(16 mins\)](#), part of the Dialogues for a neglected illness film project
- [Correspondence](#) in Nature Reviews Cardiology Review (Jan 2024) giving a summary of why graded exercise therapy should not be recommended for patients with post-exertional malaise.
- [MIMMS module](#) on NICE guideline for ME by Dr Toni Hazell.



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If you have found this resource useful, please consider making a donation to help us reach even more people affected by ME.

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