



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 project

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

It was updated in April 2026 to reflect evolving biomedical understanding of ME/CFS, and offers GPs and healthcare professionals an improved understanding of:

- the main diagnostic features of ME
- identifying post-exertional malaise as a principal feature of ME
- recognising the importance of early and accurate diagnosis
- identifying commonly comorbid conditions related to ME, such as POTs and Long Covid
- evaluating the needs of individuals in formulating symptom management plans.

Produced as part of our Learn about ME project funded by the Scottish Government, Action for ME's [Learn about ME podcasts](#) and [Learn about ME webinars](#) offer insight and experience from patients and health professionals to accompany Dr Muirhead's module.

“Scientific understanding of post-viral disease and associated symptoms and syndromes is revolutionising how patients should be treated,” says Dr Muirhead. “It has become evident that at least a subset of patients with long Covid have symptoms, and likely underlying pathophysiology, which significantly overlaps with those who have ME/CFS due to other causes. This updated module has incorporated some of these relevant biomedical updates.”

NHS England e-learning modules

NHS England offers the following free 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.

Other resources

You may also find the following resources useful:

- 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.
- [The eye in ME/CFS and post-Covid syndrome](#), a CPD article in Optician by Nadia Ahmed.



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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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