



Learn about ME

(Myalgic Encephalomyelitis)

ME is a chronic fluctuating, multisystem disease estimated to affect 1.35 million people in the UK. About 25% of people with ME are profoundly disabled by severe or very symptoms.



NICE guideline NG206, the official clinical guidance for the UK, including Scotland, says four symptoms must be present for ME to be suspected/diagnosed:

- **Debilitating fatigue** that is worsened by activity, not caused by excessive exertion, not significantly relieved by rest.
- **Unrefreshing sleep or sleep disturbance (or both)** which may include broken, shallow or altered sleep, or hypersomnia.
- **Post-exertional malaise** in which worsening symptoms are disproportionate, often delayed in onset and have a prolonged recovery time.
- **Cognitive difficulties ("brain fog")** including slowed responsiveness, problems with short-term and concentrating.



- Energy management is essential.
- **Patients should be supported to stay within their energy limits, not push through.**
- Severe and very severe ME/CFS are life-changing and require adapted healthcare.
- **Never prescribe or recommend graded exercise therapy (GET) as a treatment for ME.**

Resources, information and support are available for you and your patients with ME.

Free CPD module, podcasts and webinars



Scottish Government
Riaghaltas na h-Alba

Learn about ME (Dr Nina Muirhead with charities Action for M.E., #MEAction Scotland, ME Association and Long Covid Scotland) is funded by the Scottish Government to promote and develop free professional practice resources on ME and Long Covid.



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Responding to the post-module questionnaire...

94%

would recommend
this resource
to other GPs.

78%

said it increased
their confidence in
diagnosing ME.

80%

felt they had more
confidence in
managing ME.



*It is particularly useful to get more information
on the physical and pharmacological aspects.*



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