

Policy Category:

**INNF**

Who usually applies for funding?

**GP/Consultant**

## Chronic fatigue syndrome or myalgic encephalomyelitis (ME), residential treatment programmes

### Commissioning decision

Residential programmes for chronic fatigue syndrome or myalgic encephalomyelitis are considered a low priority for funding and will only be considered in exceptional circumstances. Funding approval must be sought from the ICB via the Individual Funding Request process prior to treatment.

### Policy Statement:

Residential treatment programmes for chronic fatigue syndrome and myalgic encephalomyelitis are not normally funded.

### Rationale:

There is currently no evidence to support the use of in-patient or residential settings to deliver effective interventions for Chronic Fatigue Syndrome/ME.

### Plain English Summary:

NICE guidance recommends the use of cognitive behavioural therapy, graded exercise, and activity management programmes for patients with severe symptoms, or long-standing moderate symptoms.

Residential treatment programmes offer inpatient based treatment including cognitive behavioural therapy, graded exercise, and activity management programmes. They may also provide other support such as spiritual and pastoral care. However, there is no evidence to suggest that these are more clinically effective than (more cost-effective) alternative non-residential services. Residential treatment programmes are therefore not normally funded.

If your doctor believes you should be considered for this treatment your doctor will need to complete an Individual Funding Request application form to request funding from the ICB, and within this application will need to demonstrate why your circumstances are exceptional. The ICB will consider such applications on a case-by-case basis in order to determine whether or not the procedure would be funded on the NHS.

### Evidence base:

Similarity of other areas – Buckinghamshire and Milton Keynes.

<http://www.nice.org.uk/guidance/ng206> -

Myalgic encephalomyelitis (or encephalopathy)/chronic fatigue syndrome: diagnosis and management

For further information please contact [GLICB.IFR@nhs.net](mailto:GLICB.IFR@nhs.net)

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### Policy sign off

<b>Reviewing Body</b>	<b>Date of review</b>
Effective Clinical Commissioning Policy Group	3 <sup>rd</sup> August 2015 (virtual)
Integrated Governance and Quality Committee	20 <sup>th</sup> August 2015

### Version Control

<b>Version No</b>	<b>Type of Change</b>	<b>Date</b>	<b>Description of Change</b>
1		12.10.2015	
2	Review date	March 2018	Policy review date changed to March 2022
3	Review date	March 2025	Policy review date changed to March 2025. No changes to policy required. NICE guidance link updated