

From: NICE Mail <nice@nice.org.uk>
Sent: 14 March 2017 12:13
To: xxxxxxxxxx
Subject: EH79172: CFS/ME

Dear xxxxxxxxxx

Thank you for contacting the National Institute for Health and Care Excellence (NICE).

Further to our telephone conversation yesterday, section **2.1.2.1** of our guideline on [Chronic fatigue syndrome/myalgic encephalomyelitis \(or encephalopathy\): diagnosis and management](#) states:

Healthcare professionals should consider the possibility of CFS/ME if a person has:

- fatigue with **all** of the following features:
 - new or had a specific onset (that is, it is not lifelong)
 - persistent and/or recurrent
 - unexplained by other conditions
 - has resulted in a substantial reduction in activity level
 - characterised by post-exertional malaise and/or fatigue (typically delayed, for example by at least 24 hours, with slow recovery over several days)

Therefore, post-exertional malaise and/or fatigue (typically delayed, for example by at least 24 hours, must be a symptom for a healthcare professional to consider the possibility of CFS/ME.

Further details regarding the 24 hours can be found on page 146 of the [full version](#) of the guideline which states:

The 2003 Canadian definition is more stringent and was developed by an international clinical CFS team. Fatigue in CFS/ME was characterized as ‘...postexertional fatigue (with) a pathologically slow recovery period (it takes more than 24 hours to recover)’. The 2003 Canadian definition also states that cardinal symptoms are no longer optional and that patients must have neurological, immune and/or neuroendocrine manifestations.

Section **1.3.1.3** of the guideline states:

The diagnosis of CFS/ME should be reconsidered if none of the following key features are present:

- post-exertional fatigue or malaise
- cognitive difficulties
- sleep disturbance
- chronic pain.

Therefore, if none of these features are present the diagnosis of CRS/ME should be reconsidered.

I hope this information is helpful.

Please tell us how we did by completing our [short survey](#). It will only take you a couple of minutes.

Kind regards
Carla

Carla Springl

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