

Clinician Resources

This compilation of resources has been developed directly by members of the Topic Expert Group.

ME/CFS Clinician Resources

Title (Source)	Link	Description
Compiled list of tools to support ME/CFS assessment and diagnosis		
NASA 10 min Lean Test (aka Passive Stand Test)	https://batemanhornecenter.org/wp-content/uploads/2016/09/NASA-Lean-Test-Instructions-1.pdf	Tool to assess patients for orthostatic intolerance and POTS (clinician version)
Evidence Based, Peer Reviewed and Expert Consensus Publications		
The Management of ME/CFS (The National Institute for Clinical Excellence in Health and Social Services - INESSS, 2023, Quebec)	https://www.inesss.qc.ca/fileadmin/doc/INESSS/Rapports/Usage_optimal/2023_EM_Fatigue_chronique_Outil_ANG_VF.pdf	Management support tool for primary care physicians, pharmacists and nurses. English and French versions available.
ME/CFS Information for Healthcare Providers (U.S. Centres for Disease Control and Prevention)	https://www.cdc.gov/me-cfs/healthcare-providers/index.html	Information on clinical course, presentation, diagnosis and treatment. Health Provider Toolkit, videos and CME's.
Diagnosis and Management of ME/CFS (Mayo Clinic Proceedings 2023)	https://www.mayoclinicproceedings.org/article/S0025-6196(23)00402-0/fulltext	A concise review describing a generalist approach to ME/CFS, including diagnosis, evaluation, and management strategies.

<p>What Primary Care Practitioners Need to Know about the New NICE Guidelines for ME/CFS in Adults (Healthcare 2022)</p>	<p>https://www.mdpi.com/2227-9032/10/12/2438#:~:text=Changes%20and%20additions%20to%20the,rather%20than%204%E2%80%936</p>	<p>A guide based on the updated 2021 UK NICE Clinical Guidelines outlining steps for accurate diagnosis of ME/CFS</p>
<p>Educational Videos</p>		
<p>Bateman Horne Center</p>	<p>https://batemanhornecenter.org/providers/</p>	<p>36 video resources including What is ME, What is Orthostatic Intolerance, PEM, Cognitive Impairment, Sleep Disturbances.</p>
<p>Myalgic Encephalomyelitis - Diagnosis, Management and Current Research (ME/FM Society of BC, ICanCME, 2021)</p>	<p>https://www.youtube.com/watch?v=GJioH_w807E&t=273s</p>	<p>Medical education webinar produced for the Federation of Medical Women in Canada.</p>
<p>Supportive Resources for Diagnosis, Management and Research</p>		
<p>eConsult services Ontario Telemedicine Network (OTN)</p>	<p>https://otn.ca/providers/primary-care/econsult/</p>	<p>The Ontario eConsult program allows physicians and nurse practitioners timely access to advice from focused practice and specialist physicians. -Sign up required (no fee) -Questions regarding ME/CFS, Fibromyalgia and Multiple Chemical Sensitivity can be directed to the database of clinicians in eConsult's: Environmental Health Group</p>

		-Questions regarding long COVID fatigue can be directed to eConsults: Post COVID Condition Fatigue Group.
Environmental Health Clinic, Women's College Hospital, Toronto.	https://www.womenscollegehospital.ca/care-programs/environmental-health-clinic/	Multidisciplinary provincial clinic with referral process. Supports primary care clinicians in determining whether their patients meet criteria for ME/CFS, FM or ES/MCS and provides recommendations for management to be carried out by the patient's primary care provider.
Complex Chronic Diseases Program (CCDP), BC Women's Hospital and Health Clinic, Vancouver.	http://www.bcwomens.ca/health-info/living-with-illness/chronic-fatigue-syndrome-(me-cfs)	Clinician resources for ME/CFS
Naltrexone Medication Handout (Complex Chronic Diseases Program (CCDP), BC Women's Hospital and Health Clinic)	http://www.bcwomens.ca/Specialized-Services-Site/Documents/Complex%20Chronic%20Diseases%20%28CCDP%29/Pt%20Naltrexone.pdf	

<p>Interdisciplinary Canadian Collaborative Myalgic Encephalomyelitis Research Network (ICanCME)</p>	<p>https://www.icancme.ca/</p>	<p>A national research network targeting the multi-facets of myalgic encephalomyelitis (ME) to improve the health of Canadians.</p>
<p>Additional Publications of Interest</p>		
<p>Unexplained Post-Acute Infection Syndromes (Akiko Iwasaki, Nature Medicine, May 2022)</p>	<p>https://www.nature.com/articles/s41591-022-01810-6</p>	<p>Post-acute infection syndromes (PAISs) and ME.</p>
<p>Task Force on Environmental Health (TFEH)</p> <p>The TFEH was an Ontario Ministry of Health and Long-Term Care appointed committee (composed of doctors, researchers and people with lived experience) tasked with providing advice on how to overcome gaps in knowledge, care and attitudes related to ME/CFS, FM and ES/MCS.</p>	<p>https://files.ontario.ca/moh-task-force-on-environmental-health-report-dec-2018-en-2023-03-09.pdf</p>	<p>The Task Force on Environmental Health's final report produced in December 2018 was Care Now: An Action Plan to Improve Care for people with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia (FM) and Environmental Sensitivities/Multiple Chemical Sensitivity (ES/MCS). The report proposed a system of care for people living with these conditions.</p>
<p>Provincial Health Services Authority</p> <p>Myalgic Encephalomyelitis or Chronic Fatigue Syndrome and</p>	<p>http://www.bcwomens.ca/Specialized-Services-Site/Documents/Complex%20Chronic%20Diseases%20%28CCDP%29/CCDP%20M</p>	<p>Describes the concern with Functional Capacity Evaluations and PEM.</p>

Risk of Post Exertional Malaise from Functional Capacity Evaluations	E%20CFS%20PEM%20and%20FCE%20Jan%202024.pdf	
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