

RESOURCES: POST-VIRAL ME/CFS

#MEAAction and University of Rochester hosted a seminar for clinicians recognizing and addressing post-viral ME/CFS.

Our featured speakers were **Dr. Lucinda Bateman, MD**, co-author of ME/CFS diagnostic criteria for adults and founder and Director of the Bateman Horne Center; **Dr. Katherine Rowe, MD**, the lead researcher and clinician on the Pediatric Primer; and **Dr. Mark VanNess, PhD** from the Workwell group, the United States' preeminent research and clinical group on exercise science in ME. Here are the resources they recommended for medical providers learning about ME.



Dr. Lucinda Bateman, MD
Diagnosis & treatment

Co-author of ME/CFS
diagnostic criteria for adults
Founder and Director of the
Bateman Horne Center

[Initiating care of a patient with myalgic encephalomyelitis/chronic fatigue syndrome \(ME/CFS\)](#). Lapp CW. Front Pediatr. 2019 Jan 23; 6:415.



Dr. Katherine Rowe, MBBS, MD; Diagnostics & treatment, pediatrics

Co-author of ME/CFS
pediatric diagnostic criteria
U. of Melbourne Royal
Children's Hospital,
pediatrician

[Myalgic encephalomyelitis/chronic fatigue syndrome diagnosis and management in young people: a primer.](#) Rowe PC, Underhill RA, Friedman KJ, Gurwitt A, Medow MS, Schwartz MS, Speight N, Stewart JM, Vallings R, Rowe KS. Front Pediatr. 2017 Jun 19;5:121.



Dr. Mark VanNess, PhD
Exercise science

Scientific Advisor, Workwell
Foundation
Prof of Health & Exercise
Science, U. of the Pacific

[Post-exertional malaise symptoms distinguish ME/CFS subjects from healthy controls.](#) Mateo, L. J., Chu, L., Stevens, S., Stevens, J., Snell, C. R., Davenport, T., & VanNess, J. M. Work. 2020. 66(2), 265–275. <https://doi.org/10.3233/WOR-203168>



Dir. Jaime Seltzer, MS
Advocacy and outreach

Director of Scientific and
Medical Outreach,
#MEAAction
Research Consultant,
Stanford Genome
Technology Center

Two #MEAAction resources:

- [Pacing guide for people with ME/CFS and long COVID](#)
- [Diagnosis and management of myalgic encephalomyelitis](#)

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