**New NICE guideline on ME/CFS**

Dear ***[insert your doctor’s name, or the name of the GP practice]***

The new NICE guideline on ME/CFS was published in October. The guideline contains new recommendations on the treatment and management for people suffering from ME/CFS in England and Wales. I am writing to ask you to read it to help patients like me who suffer from this debilitating disease.

Read the guideline here: [nice.org.uk/guidance/ng206](http://www.nice.org.uk/guidance/ng206)

I’d like to draw your attention to five key recommendations in the guideline that I think will help health professions support patients like me:

1. Understand and recognise that people with ME may have experienced prejudice and disbelief and could feel stigmatised by people (including family, friends, health and social care professionals and teachers) who do not understand their illness
2. Do not offer any programme that uses fixed incremental increases in physical activity or exercise, for example, graded exercise therapy.
3. Provide care flexibly to the person's needs, such as by online or phone consultations or making home visits.
4. Be aware of how to diagnose ME and be confident in recognising it. It is a fluctuating condition in which a person’s symptoms can change unpredictably in nature and severity over a day, week or longer.
5. Signpost people to support groups, give advice on financial and social support, and access to aids and adaptations.

Please go [meaction.net/medical-education](http://www.meaction.net/medical-education) to watch the Dear Doctor video, for education modules and to find out more about the new NICE guideline on ME/CFS.

Yours sincerely,

***[insert your name]***