

# M.E. (Myalgic Encephalomyelitis) Educational Webinar Series (2.00 - 3.00pm)

This series of webinars aims to explore the radical changes taking place within the new proposed NICE Guideline for ME/CFS and the important implications arising from the developing 'Long Covid' crises. The webinar series will bring together experts in the field of ME/CFS to share their knowledge and experience.

15 Sept 2021	22 Sept 2021	29 Sept 2021	6 Oct 2021	13 Oct 2021
<b>The New NICE Guidelines on ME/CFS (2021): How the paradigm has shifted</b>	<b>Post-exertional Symptom Exacerbation: Activity and Rest  Physiotherapy for M.E.</b>	<b>M.E. - When the Doctor Becomes the Patient</b>	<b>Symptoms and Diagnosis of M.E. in Children  Adults with Very Severe M.E.</b>	<b>Occupational Therapy for M.E.: Patient Self-Management Advice  ME/CFS Patient Support Groups</b>

*These webinars have been organised by the Hope 4 ME & Fibro Northern Ireland Charity and are being facilitated by the HSC Clinical Education Centre. These webinars are being provided free of charge for all attendees.*

## M.E. (Myalgic Encephalomyelitis) Educational Webinar Series (2.00pm – 3.00pm)

Wednesday 15 September 2021

**The New NICE Guidelines  
on ME/CFS (2021): How the  
Paradigm has shifted**

<b>Purpose</b>	To provide an overview of the NICE Guidelines on ME/CFS – past, present and future and how this affects the provision of patient care.
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>• Outline the significant changes to ME/CFS diagnosis, management and treatment</li> <li>• Appreciate “Illness Beliefs”: treatment and management no longer advised, and why</li> <li>• Reflect on how we got here: PACE Trial, CBT, and medical controversy</li> <li>• Explore where we go next: modernising clinical practice and research</li> </ul>
<b>Audience</b>	Health & Social Care Staff
<b>Speaker</b>	Professor Brian Hughes

This is available to book in the Programmes section of [www.cec.hscni.net/programmes](http://www.cec.hscni.net/programmes) and searching ‘webinar’ or M.E.’

# M.E. (Myalgic Encephalomyelitis) Educational Webinar Series (2.00pm – 3.00pm)

Wednesday 22 September 2021

**Post-exertional Symptom Exacerbation -  
Activity and Rest  
Physiotherapy Advice - Physios for M.E.**

<b>Purpose</b>	To give an overview of the impact of activity, exercise and rest to patients with ME/CFS. To outline the role and place of physiotherapy to patients with ME/CFS.
<b>Learning Outcomes</b>	<p><b>Post-exertional symptom exacerbation - activity and rest</b></p> <ul style="list-style-type: none"> <li>• Define and understand post-exertional symptom exacerbation</li> <li>• Appreciate cardiopulmonary exercise testing</li> <li>• Explore anaerobic threshold</li> <li>• Outline metabolic/cardiovascular abnormalities in M.E.</li> </ul> <p><b>Physiotherapy Advice - Physios for M.E.</b></p> <ul style="list-style-type: none"> <li>• Define and understand the term ‘pacing’</li> <li>• Appreciate the role of heart rate monitoring</li> <li>• Explore heart rate variability</li> <li>• Outline the NASA stand or lean test</li> </ul>
<b>Audience</b>	Health & Social Care Staff
<b>Speakers</b>	Professor Mark VanNess and Dr Michelle Bull

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## M.E. (Myalgic Encephalomyelitis) Educational Webinar Series (2.00pm – 3.00pm)

Wednesday 29 September 2021

### M.E. - When the Doctor Becomes the Patient

<b>Purpose</b>	To provide a general introduction on M.E. and the Long-Covid link.
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>• Define and understand Myalgic Encephalomyelitis (ME/CFS)</li> <li>• Outline ME/CFS classification and criteria</li> <li>• Explore the incidence, severity and symptoms of ME/CFS</li> <li>• Explore the Long-Covid link to ME/CFS</li> </ul>
<b>Audience</b>	Health & Social Care Staff
<b>Speaker</b>	Dr Nina Muirhead

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# M.E. (Myalgic Encephalomyelitis) Educational Webinar Series (2.00pm – 3.00pm)

<b>Wednesday 6 October 2021</b>	<b>Symptoms and Diagnosis of M.E. in Children Adults with Very Severe M.E.</b>
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<b>Purpose</b>	To provide an overview of M.E. in children and adolescents. To provide an overview of very severe M.E. in adults.
<b>Learning Outcomes</b>	<p><b>Symptoms and Diagnosis of M.E. in Children</b></p> <ul style="list-style-type: none"> <li>Define the diagnostic features of ME/CFS in children</li> <li>Outline the presentation of ME/CFS in children</li> <li>Discuss the issues affecting school attendance</li> <li>Explore the reasonable adjustments required for children with ME/CFS.</li> </ul> <p><b>Adults with Very Severe ME</b></p> <ul style="list-style-type: none"> <li>Provide a definition for very severe M.E.</li> <li>Discuss the impact of sensory overstimulation in ME/CFS</li> <li>Outline the challenges facing individuals with ME/CFS who are housebound/bedbound</li> <li>Explore the nursing care and support required for adults with very severe M.E.</li> </ul>
<b>Audience</b>	Health & Social Care Staff
<b>Speaker</b>	Dr Nigel Speight & Caroline Kingdon

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# M.E. (Myalgic Encephalomyelitis) Educational Webinar Series (2.00pm – 3.00pm)

**Wednesday 13 October 2021**

**Occupational Therapy for M.E.: Patient  
Self-Management Advice  
ME/CFS Patient Support Groups**

<b>Purpose</b>	To provide an overview of the role of Occupational Therapy to support patient self-management of M.E. To provide an overview of the role of patient support groups available to individuals with ME/CFS and Long-Covid.
<b>Learning Outcomes</b>	<p><b>Occupational Therapy for M.E.: Patient Self management Advice</b></p> <ul style="list-style-type: none"> <li>• Outline the Royal College of Occupational Therapists advice related to ME/CFS</li> <li>• Discuss the lifestyle changes which aim to improve the symptoms of ME/CFS</li> <li>• Explore the patient education available to support individuals with ME/CFS</li> </ul> <p><b>ME/CFS Patient Support Groups</b></p> <ul style="list-style-type: none"> <li>• Outline and explore the role of patient support groups for ME/CFS</li> <li>• Discuss the role of Specialist ME/CFS Advisors</li> <li>• Identify the link to post-viral illness community groups</li> </ul>
<b>Audience</b>	Health & Social Care Staff
<b>Speakers</b>	Lorraine Henry, Kate Lesslar, Joan McParland, Linda Campbell, Rebecca Logan

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