

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

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.

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Wednesday 15 September 2021

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

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

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

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Wednesday 22 September 2021

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

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

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Wednesday 29 September 2021

M.E. - When the Doctor Becomes the Patient

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

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

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Wednesday 13 October 2021

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

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

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