

Recommended ME/CFS resources for medical educators

Diagnosis and Management

1. **ME and PEM** (3 min). Norwegian ME Association.
<https://www.youtube.com/watch?v=TGIo1v7KVJQ>

2. **What Primary Care Practitioners Need to Know about the New NICE Guideline for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome in Adults**. Kingdon, C.; Lowe, A.; Shepherd, C.; Nacul, L. Healthcare 2022, 10, 2438. doi.org/10.3390/healthcare10122438.
<https://www.mdpi.com/2227-9032/10/12/2438>

3. **Myalgic Encephalomyelitis / Chronic Fatigue Syndrome**. Dr Nina Muirhead/Learna. Free CPD module composed of 10 clinical cases assessing your knowledge of ME/CFS, recently updated to include long Covid.
<https://www.studyprn.com/p/chronic-fatigue-syndrome>

Post-exertional Malaise (PEM) / Post-exertional Symptom Exacerbation (PESE)

4. **Post Exertional Symptom Exacerbation** (1 min). Long COVID Physio.
<https://www.youtube.com/watch?v=6QD0HPOGKic>

5. **Understanding Post-Exertional Malaise** (15 min). Dialogues for a Neglected Illness.
<https://www.dialogues-mecfs.co.uk/films/post-exertional-malaise/>

Activity Management / Pacing

6. **#StopRestPace** (2 min). MEAction.
<https://www.meaction.net/stoprestpace/>

7. **Pacing and Management Guide for ME/CFS and Long COVID**. MEAction.
https://www.meaction.net/wp-content/uploads/2023/02/Pacing-Guide-Clinicians.FINAL2_.pdf

8. **Pacing** (16 min). Dialogues for a Neglected Illness.
<https://www.dialogues-mecfs.co.uk/films/pacing/>

Children and Young People

9. **Diagnosis of paediatric ME/CFS with Dr Nigel Speight and Prof Peter Rowe**. (14 min)
<https://voicesfromtheshadowsfilm.co.uk/paediatric-mecfs/>

10. **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. doi: 10.3389/fped.2017.00121. PMID: 28674681; PMCID: PMC5474682. <https://www.frontiersin.org/articles/10.3389/fped.2017.00121/full>

Severe and Very Severe ME/CFS

11. **Caring for the Patient with Severe or Very Severe Myalgic Encephalomyelitis / Chronic Fatigue Syndrome.** Montoya JG, Dowell TG, Mooney AE, Dimmock ME, Chu L. *Healthcare (Basel).* 2021 Oct 6;9(10):1331. doi: 10.3390/healthcare9101331. PMID: 34683011; PMCID: PMC8544443. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8544443/>

12. **Life-Threatening Malnutrition in Very Severe ME/CFS.** Baxter H, Speight N, Weir W. *Healthcare.* 2021; 9(4):459. doi: 10.3390/healthcare9040459. <https://www.mdpi.com/2227-9032/9/4/459>

Pathophysiology

13. **Understanding myalgic encephalomyelitis.** Marshall-Gradisnik S, Eaton-Fitch N. *Science.* 2022 Sep 9;377(6611):1150-1151. doi: 10.1126/science.abo1261. Epub 2022 Sep 8. PMID: 36074854. <https://www.science.org/doi/10.1126/science.abo1261>

Patient Experience

14. **Reduced Function** (20 min). *Dialogues for a Neglected Illness.* <https://www.dialogues-mecfs.co.uk/films/patients-experiences/>

15. **Voices from the Shadows** (30 min). <https://voicesfromtheshadowsfilm.co.uk/>