



Príomhoifigeach Cliniciúil
Oifig an Phríomhoifigigh Cliniciúil

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BY EMAIL ONLY

Deputy Colm Burke
Dáil Éireann
Leinster House
Kildare Street
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25th February 2022

PQ 6473-22 Deputy Colm Burke-To ask the Minister for Health if consideration will be given to updating HSE guidelines advising general practitioners and other medical practitioners that any programme based on fixed incremental increases in physical activity or exercise, for example, graded exercise therapy will no longer be recommended to ME/CFS sufferers to reflect current research and recently updated recommendations (details supplied); and if he will make a statement on the matter.

Dear Deputy Burke,

Thank you for your representation.

The HSE is aware of the recent publication of the **NICE ME/CFS guideline that outline better steps for diagnosis and management (October 2021)**. This includes identifying the symptoms of ME/CFS to inform a diagnosis and develop individually tailored support that focuses on personal agreed goals. This guideline in addition to International evidence is being reviewed under the clinical leadership of the Chief Clinical Officer and National Lead for Integrated Care in the context of an Irish Health Care System, and will be peer reviewed through the normal clinical governance structures set up by CCO.

This is to ensure that clinical guidance development is transferable to clinical practice, aligned and integrated across the healthcare system, and there is clear clinical governance and oversight that includes acute, primary care and community areas. This will be enhanced by engagement with stakeholders prior to the approval, circulation and publication of guidelines for ME/CFS to support implementation.

I hope this provides you with assistance.

Yours sincerely

Sharon Hayden
General Manager
Office of the CCO