

Position Statement; Prescribing in Chronic Fatigue Syndrome (CFS) or myalgic encephalomyelitis (ME) is not routinely supported

Castle Point and Rochford and Southend Clinical Commissioning Groups do not support the prescribing of dietary supplements, complementary therapies or other medications for the treatment of CFS or ME

Patients should be managed by GPs as recommended by NICE clinical guideline number 53 – Chronic Fatigue syndrome/ myalgic encephalomyelitis (or encephalopathy) – Diagnosis and management of CFS/ME in adults and children.

However the CCG will not routinely fund referral to a secondary care specialist in CFS/ME care for assessment or treatment on either an in-patient or outpatient basis outside routinely commissioned pathways.

The clinical guideline also states the following:

- Do not use the following drugs for the treatment of CFS/ME: monoamine oxidase inhibitors, glucocorticoids (such as hydrocortisone), mineralocorticoids (such as fludrocortisone), dexamphetamine, methylphenidate, levothyroxine or antiviral agents.
- There is insufficient evidence that complementary therapies are effective treatments for CFS/ME and therefore their use is not recommended. However, some people with CFS/ME choose to use some of these therapies for symptom control, and find them helpful.
- There is insufficient evidence for the use of supplements – such as vitamin B12, vitamin C, co-enzyme Q10, magnesium, NADH (nicotinamide adenine dinucleotide) or multivitamins and minerals – for people with CFS/ME, and therefore they should not be prescribed for treating the symptoms of the condition. Patients with CFS/ME reported to finding these helpful as a part of a self-management strategy for their symptoms should purchase them as self-care.
- People with CFS/ME who are using supplements should be advised not to exceed the safe levels recommended by the Food Standards Agency.

Across Castle Point and Rochford and Southend Clinical Commissioning Groups, practices should not be prescribing these treatments and any patients already receiving this on prescription should be advised that this will stop. Prescribing of these is of a low clinical priority due to the lack of evidence of any benefit.

Providers commissioned to provide services on behalf of Castle Point and Rochford and Southend CCGs are reminded that they are required to follow the Castle Point and Rochford and Southend CCGs formulary and prescribing guidance as detailed in their contract (Medicines Management Service Specification).

For any medicines management information please refer to the Castle Point and Rochford and Southend CCG websites

Approved for use in Castle Point and Rochford and Southend CCGs	Drugs and Therapeutics Committee 7 th December 2016
Title	Prescribing in Chronic Fatigue Syndrome and ME
References	NICE clinical guidance CG 53 https://www.nice.org.uk/guidance/cg53/chapter/1-Guidance August 2007

Reviewed and adapted for use from Mid Essex CCG Prescribing Policy Statements