

Who are we?

The team comprises over more than 20 individuals, each with different specialty areas:

Medics – Led by Professor Esther Crawley, the medical team comprises a Consultant Paediatrician, Psychiatrist and an Associate Specialist.

Psychologists – Offer psychological interventions, e.g. Cognitive Behavioural Therapy (CBT) and Activity Management for fatigue.

Physios and OTs – Offer Graded Exercise Therapy (GET) and Activity Management treatments for fatigue.

Nursing – Process new referrals and blood tests, assess patients when joining research trials and deliver treatments.

Admin – Book appointments, send letters – your first port of call for any queries.

How to contact us:

If you have any questions, you can contact us on **01225 821340** Monday-Friday 8am to 4pm.

Our administrative team will do their best to help answer your query or will pass a message on to a team member to call you back.

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.

Specialist Chronic Fatigue (ME) Service for Children & Young People

Our specialist service can provide assessment, diagnosis and treatment programmes for children and young people with CFS/ME anywhere in the UK.



Specialist CFS/ME Services at the RUH

Our team of Specialists is based at the 52 acre Royal United Hospital site, 1½ miles from the city centre of Bath.

Our service covers Bath, Bristol and the surrounding areas including Wiltshire, Swindon, Gloucestershire and Somerset. We are also able to accept referrals for children and young people from across the UK.

We work closely with local teams to ensure that as much of your treatment as possible is provided for you near your home. If you are severely affected or housebound, we may try to see you in your own home, with your local team.

WHAT DO WE DO?

Assessment & Diagnosis

Sometimes the doctor referring you wants us to make a full assessment, diagnosis and recommendations. Sometimes the diagnosis has already been done by another doctor. In this case, we do not need to repeat this. In all cases, we work out an individually tailored programme to help you recover from your CFS/ME.

Before you come to your specialist clinic, we will ask you to complete and return a number of questionnaires. This is important because it saves time and helps us plan the assessment before we meet you.

- The first part of the appointment is generally spent in gathering information from you and any family members present with you.
- We then discuss the various treatment options that will form your programme.
- We will try to give you written information to take away, as this can be a lot to take in.
- We will also try to write everything down in a letter and send it to you after your appointment.

Programmes

We give everyone a different programme, depending on what we have found out in the first part of the assessment/diagnostic session. Some young people will manage with just one session with us, followed up by their local service; others may need a few one to one sessions with one of the team.

Typically, we will give you advice on how to manage:

- Energy and activity levels.
- Getting back into school (if necessary) and other activities.
- Dealing with feeling scared or anxious, low or fed up.
- Sometimes we might discuss whether medicine could help, for example for pain or sleep.

If you have brought up any other difficulties, we may advise you about these too.

Other actions

We check that all the necessary medical tests have been done. This is to ensure that no other underlying illness has been missed. If any other tests are needed, we ask your local GP to make sure that they are done.

If you are having problems with school, we can work with the staff so that they also understand what you need to do to get better. We provide information, training and support to a range of other people who want it.

This could be:

- Teachers and home tutors.
- Other doctors and/or paediatricians.
- Other types of children's teams (such as the Child and Adolescent Mental Health Services).