

Checklists

Referrals received via the e-referral system Rehabilitation, 'not otherwise specified'

Please note there are 3 clinical services provided by BCFS:

1. Cancer Related Fatigue
2. CFS/ME
3. Chronic Fatigue Other, linked to long term conditions e.g. MS, Joint Hypermobility syndrome

Please select relevant criteria below to guide your referral process.

[Please include reason for referral with copies of relevant documents](#)

1. Cancer Related Fatigue

Specialist help for Adults with CRF (Self-referral also available if funding/contract in place. Please contact the BCFS administration team for further information)

Inclusion Criteria		Exclusion Criteria
Active treatments including radiotherapy, chemotherapy and/or surgery for cancer of any type completed	✓	People who require specialist end of life care
May be on long-term hormonal/maintenance treatment	✓	
Cancer appears to be in remission or stable and patient experiencing significant self-reported fatigue	✓	

Significant fatigue is well-recognised in people affected by cancer, even a long time after treatment and when apparently disease-free. However it's important for health professionals to check for other treatable causes. If appropriate prior to referral, please check and exclude:	
Thyroid function	Coeliac disease
On-going myelosuppression, anaemia, neutropenia, thrombocytopenia	Oncology related dietetic need
FBC, haematinics	Specific tumour markers to look for possible recurrence
Inflammatory markers	Renal function
Calcium	Fasting glucose



2. Chronic Fatigue Syndrome/NHS

Specialist help for Adults with CFS/ME

Patients should meet the following criteria for the diagnosis of CFS/ME with symptoms being experienced for 4-6 months duration or more:

- Pathologically sustained disabling fatigue/malaise after minimal exertion
- Post-exertional malaise (>24hours)
- Subjective Memory Impairment- concentration/memory/information processing
- Headache/painful joints or muscles without evidence of inflammation
- Sleep disturbance
- Immune System Dysfunction – recurrent infection, allergies, food intolerance
- Autonomic Nervous System problems- vasomotor/bowel or bladder dysfunction
- Neuroendocrine system dysfunction e.g. loss of thermostasis, emotional lability

To exclude other possible causes of chronic fatigue, the following conditions should have been considered:

- Adrenal insufficiency
- Anaemia
- Chronic infection
- Coeliac disease
- Immunodeficiency
- Fibromyalgia (pain dominates fatigue in clinical presentation)
- Connective Tissue Disorders (e.g. SLE)
- Malignancy
- Anxiety/Depression
- MS
- Myasthenia Gravis
- Primary Sleep Disorder
- Other rheumatological diseases
- Thyroid Disease

The following tests should have been completed in order to exclude other causes.

- Full Blood Count
- Plasma Viscosity or ESR
- C-Reactive Protein (CRP)
- Creatinine and Electrolytes
- Liver Function Tests, PO4
- Calcium
- Creatine Kinase
- Glucose (fasting or random)
- Thyroid function: TSH, free T4
- Coeliac screen (TTG)
- Serum Ferritin
- Urinalysis for blood, sugar, protein
- Virology/Serology (EBV, Hep B/C)
- Other autoantibody tests to rule out other differential diagnosis e.g. Lyme Disease
- Relevant autoimmune/rheumatology tests



Exclusion criteria for the CFS/ME Service

- Active psychiatric illness with psychotic or manic features not well controlled or supported by specialist services.
- Concurrent rehabilitation from another service.
- Ongoing medical investigations.
- Active eating disorders.
- Active obsessive compulsive disorder.

3. Chronic Fatigue Other

Specialist help for Adults with Chronic Fatigue linked to other long term conditions

Inclusion Criteria	Exclusion Criteria
Those with stable long term conditions that are medically well controlled/ managed	People with significant mental health needs
Despite being medically stable the patient is experiencing significant self-reported fatigue	People who require palliative end of life care
	People with an eating disorder for example Anorexia Nervosa or Bulimia Nervosa

It's important to check for other easily treatable causes of fatigue. If appropriate prior to referral, please check and exclude:	
Thyroid function	Coeliac disease
On-going myelosuppression, anaemia, neutropenia, thrombocytopenia	Oncology related dietetic need
FBC, haematinics	Specific tumour markers to look for possible recurrence
Inflammatory markers	Renal function
Calcium	Fasting glucose

Please note:

Long-term counselling is not funded as part of the Bath Centre for Fatigue Services offer.

