

Appointments

Appointments are available 4 pm – 6 pm Monday – Thursday

We can provide our services either remotely via the internet or at the RUH site with access to pay and display car parking.

All assessment and treatment packages will include information resources in hard or digital copies to support your treatment programme and for you to use at home. Depending on the current hospital policies, the number of people that may accompany you to your appointment may vary and we will discuss this with you at the time of booking.

How can I book?

Please email: ruh-tr.RNHRDAdminBCFS@nhs.net

For more information about Fatigue Focus, our Private Fatigue Services, please visit:

www.ruh.nhs.uk/rnhrd/patients/services/fatigue_services

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.pals@nhs.net or telephone 01225 825656/ 826319

Fatigue Focus Private Fatigue Services

For people with enduring and disruptive fatigue





Fatigue Focus Private Fatigues Services

Our private chronic fatigue services will provide you with strategies to self-manage the disruptive impact of fatigue on your daily activities.

Fatigue may be associated with a variety of long terms conditions such as ME/CFS, living with and beyond cancer or other conditions, such as rheumatoid arthritis. Services are suitable for people whose health is considered medically stable, and need help with coping with troublesome fatigue on a day-to-day basis.

You said, we did

In response to some of our patient feedback, we now offer additional private services.

These include:

Assessment of Chronic Fatigue Impact

Receiving a diagnosis of a long term health condition such as those mentioned above, may be the first step to recognising your personalised needs and the impact of these on day to day activities. An assessment of your needs may help to reduce any anxieties you may have and provide advice on the best options for managing these.

Duration: 60 minutes

Supported Self-Management Programme

If you would like to explore interventions to provide you with the confidence to manage the impact of your fatigue symptoms on your day-to-day life, we can work with you either on an individual basis or in a group treatment programme.

4 individual sessions of 60 minutes (includes a 6 month follow up review)

5 group sessions of 120 minutes (includes a 6 month follow up review)

Confirmation of diagnosis for people with possible ME/CFS

Prior to acceptance of a referral by BCFS, your GP will need to confirm in writing, that relevant blood tests and investigations do not indicate any medically treatable cause for your fatigue. Without this reassurance, we are unable to provide an opinion and/or confirmation of diagnosis of ME/CFS.

Duration: 60 minutes

This ensures that you are in the right place at the right time.