

NICE definition of ME CFS

NICE 2021 definition of ME/CFS

Uddrag fra NICE 2021 guidelines for ME/CFS

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- symptoms are not explained by another condition.

Box 2 Symptoms for suspecting ME/CFS

All of these symptoms should be present:

- Debilitating [fatigue](#) that is worsened by [activity](#), is not caused by excessive cognitive, physical, emotional or social exertion, and is not significantly relieved by rest.
- [Post-exertional malaise](#) after [activity](#) in which the worsening of symptoms:
 - is often delayed in onset by hours or days
 - is disproportionate to the activity
 - has a prolonged recovery time that may last hours, days, weeks or longer.
- [Unrefreshing sleep](#) or sleep disturbance (or both), which may include:
 - feeling exhausted, feeling flu-like and stiff on waking
 - broken or shallow sleep, altered sleep pattern or hypersomnia.
- Cognitive difficulties (sometimes described as 'brain fog'), which may include problems finding words or numbers, difficulty in speaking, slowed responsiveness, short-term memory problems, and difficulty concentrating or multitasking.

1.2.3 If ME/CFS is suspected, carry out:

- a medical assessment (including symptoms and history, comorbidities, overall physical and mental health)