

Graded Exercise Therapy for CFS/ME

(Chronic Fatigue Syndrome): further exploration and peer support for experienced clinicians



Brief Overview:

To further develop the skills and understanding of health professionals with some experience of using Graded Exercise Therapy (GET) for patients with CFS/ME, as recommended by the NICE guidelines for CFS/ME.

Learning focus:

- Opportunities to network and share successes
- Workshop-based exploration of the difficulties clinicians face
- Explore the barriers to GET
- Audit their own GET practice against NICE guidelines

Associated KSF Dimensions:

C1 – Communication; C2 – Personal and people development; C4 – service improvement; HWB2 – Assessment and care planning to meet health and wellbeing needs; HWB6 – Assessment and treatment planning; HWB7 – Interventions and treatments

Target Audience:

Health professionals interested in CFS/ME who have some experience of CFS/ME and Graded Exercise Therapy. Some potential delegates will have attended Jessica’s “Introduction to Graded Exercise Therapy” course.

Name of Facilitator: Jessica Bavinton

Jessica is a CFS/ME Specialist Physiotherapist who was as member of the CFS/ME NICE Guideline Development Group.

Cost: £40 for the day (including refreshments and lunch)

<p>Date: Friday 5th December 2008 9am-4pm Venue: Postgraduate Centre, Frenchay Hospital, Bristol</p>	<p>Contact: Kim Hartland Frenchay CFS/ME Service Frenchay Hospital Bristol BS16 1LE Tel: 0117 9186795 email: Kim.Hartland@nbt.nhs.uk</p>
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