

Royal London Hospital for Integrated Medicine

Cognitive Chronic Fatigue Syndrome and Fibromyalgia Service

If you need a large print, audio or translated copy of this document, please contact us on 020 3448 2000 or email uclh.patientinformation@nhs.net
We will try our best to meet your needs.

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This leaflet has been written by the Chronic Fatigue Syndrome and Fibromyalgia team at the Royal London Hospital for Integrated Medicine. It is intended for patients or their family or carers who may be referred to this service.

If you would like any further information please contact Patient Services (over page).

What are Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FMS)?

They are chronic conditions (lasting months or years) which affect daily functioning and involve chronic fatigue not much relieved by rest (defining CFS), chronic widespread muscle pain (defining FMS), mood and sleep disturbance (particularly unrefreshing sleep), concentration difficulties, and sometimes headaches, intestinal and urinary symptoms.

The CFS team

The specialist team consists of:

- Doctors
- Occupational Therapist
- Physiotherapist
- Cognitive Behavioural Psychotherapists
- Dietitian

What are the aims of the service?

The aims of the service are to:

- Help you understand your condition
- Enable you to develop helpful coping strategies to manage symptoms
- Reduce distress and disability
- Improve your quality of life

We use a holistic approach, meaning that we look at both the physical and the psychological aspects of the illness.

What should I expect when I come to the clinic?

You will first be seen by a doctor who will make a detailed clinical assessment. Your doctor may do some blood tests to exclude other possible causes of fatigue and associated symptoms, and review any medicines you are currently taking.

Other members of the team will also help you manage your condition. They will plan a personal programme for you. This may be one to one or you could be part of a small group. The plan may include:

- Occupational Therapy (including Energy Management)
- Cognitive Behavioural Therapy (for coping with chronic conditions)
- Physiotherapy (to maintain [physical functioning and mobility](#))
- Stress Management
- Sleep Management
- Dietary Advice
- Acupuncture (for chronic widespread muscle pain)

The doctor may see you for follow-up appointments during the programme to review any change in medication, and for final review once treatment is completed.

Your appointment

If you are unable to attend your appointment please let us know at least 48 hours beforehand so we can offer your appointment to someone else. If you do not attend your appointment without telling us we may refer you back to your GP.

Following your treatment you will be referred back to your GP.

Professional education and training

The RLHIM is also a teaching hospital and from time to time other healthcare professionals may observe in outpatient clinics as part of a training course. We will always ask your permission for students to sit in during your consultation. You do not have to have students present if you would prefer not to.

How to contact us

Patient Services

The Royal London Hospital for Integrated Medicine

60 Great Ormond Street
London WC1N 3HR

Switchboard: 020 3456 7890
Tel: 020 3448 2000
Fax: 020 3448 2004

Email: uclh.enquiry.rlhim.patients@nhs.net (not for referrals)
Website: www.uclh.nhs.uk/rlhim

How to be referred

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS Foundation Trust and accepts GP referrals via NHS e-Referral Service (formerly Choose and Book referrals). Patients can also be referred by their NHS hospital consultant.

How to find us

