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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Our ref: **FOI 24-228**

Wednesday 21st February 2024

Your request

You requested the following:

Please can you let me know what is the process of receiving a diagnosis of ME/CFS if a patient is presenting with symptoms, and what further treatment and/or medication is available post-diagnosis?

Also what is the process of receiving a diagnosis of Long Covid if a patient is presenting with symptoms, and what further treatment and/or medication is available post-diagnosis?

Our response

We have conducted a search of our records and have established that we do hold information relating to your request, as set out below.

	Myalgic encephalomyelitis (ME) and chronic fatigue syndrome (CFS)	Long Covid
Process of receiving a diagnosis if patient is presenting with symptoms	The first step is a referral from the GP to the general medicine / infectious diseases clinic. A clinic appointment would then be made and after consultation the patient would undergo clinical examination (with further investigations if necessary) before a diagnosis could be made.	This is the same as for CFS and ME.
Available treatment post diagnosis	After diagnosis, treatment plan will be developed in accordance with the patients' individual symptoms. A patient may be referred to a different department to receive this treatment, but will remain under the infectious disease clinic.	After diagnosis, treatment plan will be developed in accordance with the patients' individual symptoms. A patient is usually referred to the Adfreriad service but they may be referred to a speciality department, such as respiratory, to receive certain treatment but will remain under the care of the infectious disease clinic.

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Rydym yn croesawu gohebiaeth yn Gymraeg a byddwn yn ymateb yn Gymraeg heb oedi.
Bwrdd Iechyd Prifysgol Aneurin Bevan yw enw gweithredol Bwrdd Iechyd Lleol Prifysgol Aneurin Bevan.

We welcome correspondence in Welsh and we will respond in Welsh without delay.
Aneurin Bevan University Health Board is the operational name of Aneurin Bevan University Local Health Board.

	<p>This could include, but is not limited to:</p> <ul style="list-style-type: none"> • Drug treatment: anti-depressants or painkillers may be prescribed such as Amitriptyline • Cognitive Behavioural Therapy (CBT) • Simple Incremental Pacing/ Graded Exercise Therapy (GET) • Physical Rehabilitation (in partnership with (NERS) <p>The final outcome would be that once diagnosis made and symptoms under control the patient could then be discharged back to GP.</p>	<p>This could include, but is not limited to:</p> <ul style="list-style-type: none"> • Drug treatment • Cognitive Behavioural Therapy (CBT) • Simple Incremental Pacing/ Graded Exercise Therapy (GET) • Brain fog work shops • Physiotherapy Energy Management • Educating Patient Programme <p>The final outcome would be that once diagnosis made and symptoms under control the patient could then be discharged back to GP.</p>
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