

## Commissioning Policy

Myalgic Encephalomyelitis Chronic Fatigue Syndrome  
(ME / CFS), residential treatment programmes

INNFB

Date adopted: March 2025

Version: 4

### Authorisation and document control

<b>Name of policy:</b>	Myalgic Encephalomyelitis Chronic Fatigue Syndrome (ME / CFS), residential treatment programmes
<b>Job title of author:</b>	Senior Commissioning Manager & Clinical Lead Therapist, Gloucestershire ICB
<b>Name of sign off group:</b>	Commissioning Policy Review Group

<b>Equality and Engagement Impact Assessment</b>	
<b>Date Equality and Engagement Impact Assessment was completed:</b>	19/02/2025

<b>Consultation</b>	
<b>Name of group</b>	<b>Date considered</b>
Pete Gladwell - Clinical Specialist Physiotherapist, Service Lead Bristol M.E. Service North Bristol NHS Trust	7/2/25 - 17/2/25
Lead Commissioner / Neurology CPG	

<b>Authorisation</b>	
<b>Name of group</b>	<b>Date approved</b>
Commissioning Policy Review Group	11/03/2025
System Quality Committee	N/A

<b>Date of adoption</b>	March 2025
<b>Date of publication</b>	March 2025
<b>Review date</b>	March 2028
<b>To be reviewed by (job title)</b>	Commissioning Manager – Elective Care and Senior Commissioning Manager & Clinical Lead Therapist.

<b>Version control</b>				
<b>Version number</b>	<b>Date</b>	<b>Summary of changes</b>	<b>Author/Editor</b>	<b>Approved by</b>
1	12.10.2015			
2	March 2018	Policy review date changed to March 2022	IFR Manager	Effective Clinical Commissioning Policy Group (ECCP)
3	March 2025	Policy review date changed to March 2025	IFR Manager	ECCP
4	11/03/2025	Updated to new ICB policy template. Review date of March 2028 agreed.	Senior Commissioning Manager & Clinical Lead Therapist.	CPRG

## 1.0 Policy statement

<b>Policy category</b>	<b>Policy details</b>
<b>INNF</b>	<p>Residential treatment programmes for ME/CFS are not normally funded.</p> <p>There is currently no evidence to support the use of inpatient or residential settings to deliver effective interventions for ME/CFS. These should only be offered if effective therapy is unable to be delivered in an outpatient setting with virtual appointments and if specific criteria are met which strongly indicate the value of inpatient therapy in specific contexts.</p> <p>NICE guidance recommends the use of cognitive behavioural therapy, and activity management programmes for patients with ME/CFS to support optimal coping and the potential for rehabilitation.</p> <p>Residential treatment programmes offer inpatient based treatment integrating psychological therapy, physical therapy, and occupational therapy to develop a holistic management plan. They may also provide other support such as spiritual and pastoral care. However, there is no evidence to suggest that these are more clinically effective than (more cost-effective) alternative non-residential services. Residential treatment programmes are therefore not normally funded and should only be considered if there is clear evidence that an inpatient setting could deliver care more effectively than an outpatient service. As an example, for those individuals where a pre-morbid psychological disorder is interfering with optimal therapy for the ME/CFS, psychological therapy can be delivered in an inpatient setting to a more severely affected patient, and this can be integrated with other therapies in an inpatient setting more readily because shorter sessions can be offered in an inpatient setting.</p> <p>If your doctor believes you should be considered for this treatment your doctor will need to complete an Individual Funding Request application</p>

	form to request funding from the ICB, and within this application will need to demonstrate why your circumstances are exceptional. The ICB will consider such applications on a case-by-case basis in order to determine whether or not the procedure would be funded on the NHS.
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## **2.0 Patients who are not eligible for treatment under this policy.**

Patients who are not eligible for treatment under this policy may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy.

Individual cases will be reviewed at the ICB's Individual Funding Request Panel upon receipt of a completed application form from the patient's GP, Consultant or Clinician. Applications cannot be considered from patients personally.

## **4.0 Connected policies**

N/A

## **5.0 References**

Myalgic encephalomyelitis (or encephalopathy)/chronic fatigue syndrome: diagnosis and management

NICE guideline [NG206] Published: 29 October 2021

<http://www.nice.org.uk/guidance/ng206>