

Yorkshire Fatigue Clinic
General Practitioners - Making a Referral



(Vale of York CCG; Scarborough & Rydale CCG; Hambleton, Richmondshire & Whitby CCG only)

From 1st December 2014, all referrals for this service are required via a letter from GP or Secondary Care Consultant and sent to:

Yorkshire Fatigue Clinic
York Eco Business Centre
Amy Johnson Way
Clifton Moor
York
YO30 4AG

Criteria

To enable full acceptance of a referral by YFC, one or more of the following symptoms should be present in addition to the fatigue and should not predate the fatigue. They should be concurrent or persistent for more than 6 months

- Subjective impaired short-term memory or concentration
- Tender lymph nodes/recurrent sore throat
- Muscle pain
- Multi-joint pain without swelling or redness
- Headaches of a new type, pattern or severity
- Un-refreshing sleep
- Post-exertional malaise (lasting more than 24 hours)
- Sleep disturbance

Other symptoms include digestive disturbances, intolerance to alcohol/light/noise, sensitivity to medication and other substances, temperature disturbance. To meet diagnostic criteria BMI should be over 17 and under 45 on referral.

In addition to the above, the following possible causes of chronic fatigue will already have been investigated and excluded:

- Adrenal insufficiency
- Anaemia
- Primary Anxiety/Depression
- Chronic infection
- Celiac disease
- Immunodeficiency
- Fibromyalgia (pain dominates fatigue in clinical presentation)
- Malignancy
- MS
- Myasthenia Gravis
- Primary Sleep Disorder
- Rheumatic Diseases
- Thyroid Disease
- Somatisation

Investigations:

The following basic tests will also have been completed in order to exclude other causes of CFS/ME: **Please confirm this on the referral or send copies of the results.**

- Full Blood Count
- Erythrocyte sedimentation rate or plasma viscosity
- Urinalysis for protein blood or glucose
- C- reactive protein
- Liver/Thyroid function test
- Random blood glucose
- Urea and electrolytes
- Screening blood tests for gluten sensitivity
- Serum creatinine, calcium and creatine kinase and serum ferritin (children and young people only)

Clinical judgement should also be used to consider testing the following:

- Serum ferritin in adults, unless other test suggests iron deficiency
- Test for B12 deficiency or folate levels unless a full blood count and mean cell volume show a macrocytosis
- Serological testing unless a history of infection
- Chronic viral; infections such as HIV, Hepatitis C or B
- Other acute viral infections e.g. infectious mononucleosis

Process

Upon receipt of a referral meeting the above requirements, the patient will be contacted by YFC within 2 working days to arrange an appointment and in most circumstances an appointment offered within 2-3 weeks. Based on clinical presentation, home visits could be considered – please indicate on the referral if this will be required.

If the patient doesn't meet these criteria but you would still like to refer, then please direct the referral initially to the Partnerships Commissioning Unit, Unit 5, Sovereign House, Kettlestring Lane, York YO30 4GQ for approval.

For further information on the service or referral process contact:

If you have any queries regarding the referral process please contact:

Yorkshire Fatigue Clinic

Tel: 01904 479922 or sue@yorkshirefatigueclinic.co.uk

For further information on commissioning for this service contact:

Richard Dalby

Senior Commissioning Specialist – Mental Health and Vulnerable Adults

Tel: 07880 728358

Office Tel: (01904) 694848