

Yorkshire Fatigue Clinic

General Practitioners - Making a Referral



Funding

NHS Referrals are accepted by the service. Funding arrangements depend upon the Clinical Commissioning Group that manages NHS services in your local area.

For Patients in the North Yorkshire and York Area.

We are currently the contracted NHS provider for adults and young people aged 13 and over with CFS/ME in most of North Yorkshire, excluding Harrogate & Rural CCG. Spot purchasing arrangements are in place through the Individual Funding Panel for those patients who have complex health needs or do not meet criteria for CFS/ME.

GP Referrals for patients meeting criteria for CFS/ME should be sent directly to the service. If someone has CFS/ME and other significant health problems / chronic fatigue in the context of other medical or mental health problems then referrals should be sent from the GP to the IFR Panel. They will then inform us if the referral is approved for NHS funding.

For Patients from other CCGs

GPs need to request funding first prior to making the referral. This is usually done through local Exception Panel arrangements within the CCG. Once authorisation is received a copy of this should be sent with the referral to the service and an appointment will be given.

Referral Format

Referrals can be made by standard referral letter. It is expected that standard medical investigations have been completed (in accordance with NICE Guidelines for CFS/ME) and are normal or any abnormalities highlighted in the referral, copies of investigations are appreciated. Referrals need to be accompanied by a completed Pathway Form if accessing the NHS Contract. The form is on the next page or can be downloaded from the RSS system.

Referrals should be sent to:

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

**Chronic Fatigue Syndrome /Myalgic
Encephalomyelitis (CFS/ME) Adult Pathway
Form**



In order to ensure that the NHS commissioned pathway for Vale of York CCG, Scarborough & Ryedale CCG and Hambleton, Richmondshire & Whitby CCG is being used appropriately please confirm that the following conditions below are met. Any referrals unable to meet the conditions below will not be considered through the commissioned pathway and would require approval by the Individual Funding Panel for your CCG.

Form must be sent together with a standard referral letter and copies of recent blood tests

Patient Name:	Date of Birth:	Tick each box to confirm
The patient meets the diagnostic criteria for CFS/ME (NICE Guidelines)		
The patient does not have pre-existing problems with mood disorder, anxiety disorder (including PTSD), obsessive compulsive disorder, personality disorder or psychosis. <i>Patients with mild level disorders starting after the onset of the symptoms and likely to be a consequence of physical disability can still be seen on the CFS/ME pathway.</i>		
The patient does not have an eating disorder or BMI below 17 or above 45, or health problems that affect dietary intake, such as Crohn’s Disease or Coeliac Disease.		
There is no evidence of a sleep disorder, such as sleep apnoea.		
The patient is not taking opioid medication or medication that may be inducing a high level of fatigue.		
The patient does not have another medical condition that could explain their fatigue, including fibromyalgia, or unstable maintenance of conditions such as chronic pain disorder, diabetes or thyroid disorders.		
Blood tests are within normal range and/or any abnormalities, such as vitamin deficiency or anaemia have been treated sufficiently or do not provide an explanation for symptoms. <i>(Copies of investigations specified for the pathway must be attached/included)</i>		
The patient has completed all investigations or concurrent interventions under other specialists that could reduce the fatigue.		

Signed:

Print: