



M.E. (Myalgic Encephomyelitis) *'How The Paradigm Has Shifted'* Educational Webinar Series for Healthcare Providers

M.E. is classified by the World Health Organisation as a distinct neurological entity, sometimes called CFS (Chronic Fatigue Syndrome) or ME/CFS. Aided by scientific advances and the knowledge and experience from experts in this field, we explore the radical changes taking place within the new proposed NICE Guideline for ME/CFS, and the important implications arising from the developing 'Long Covid' crises.



This series of webinars has been organised Hope 4 ME & Fibro Northern Ireland. A registered charity, entirely run by volunteer patients and their family members.



Wednesday 15th September 2021.
Professor Brian Hughes

Wednesday 22nd September 2022
Professor Mark VanNess & Dr. Michelle Bull

Wednesday 29th September 2021.
Dr. Nina Muirhead

Wednesday 6th October 2021.
Dr. Nigel Speight & Caroline Kingdon.

******Wednesday 13th October 2021.
Lorraine Henry & Kate Lesslor





Wednesday 15th September 2021.
2.00pm -3.00pm

New NICE Guidelines on ME/CFS (2021):
'How the Paradigm has Shifted'.

Professor Brian Hughes - Professor in Psychology, and a specialist in stress psychophysiology, health psychology, the public understanding of psychology and science, and the application of psychology to social issues. A prominent advocate for scientific psychology, evidence-based policy, and the role of psychology in society, he writes widely on the psychology of empiricism and of empirically disputable claims, especially as they pertain to science, health, medicine, and politics. He is a member of the HSE (Ireland) National Working Group on Myalgic Encephalomyelitis and serves as a Scientific Advisor to the charity Hope 4 ME & Fibro NI.



Wednesday 22nd September 2021
2.00pm -2.30pm (Two speaker session)

M.E. Post-exertional Symptom Exasperation:
Activity and rest.

Professor Mark VanNess -Professor & Chair; Health and Exercise Science, University of the Pacific, California, USA. A member of the scientific advisory committee of the 'Workwell Foundation' which specialises in two-day cardiopulmonary exercise testing (CPET) for ME/CFS, fibromyalgia and other fatiguing conditions. He has been working on M.E./C.F.S. since 1999, and is particularly interested in issues of autonomic dysfunction and mechanisms that produce post-exertional malaise.



2.30-3.00pm 'Physiotherapy for M.E.'

Dr Michelle Bull – a Chartered Physiotherapist who has worked in a range of rehabilitation areas including cardiac rehab and cancer rehab. Currently works in a Long Covid clinic and a transformation role in the NHS. Co-founder of 'Physios For ME' - a group of physiotherapists in the UK with a special interest in M.E..



Wednesday 29th September 2021
2.00pm – 3.00pm

General introduction on M.E. and the Long-Covid link.

'Myalgic Encephalomyelitis –When The Doctor Becomes The Patient.'

Dr Nina Muirhead - a British specialist surgeon in dermatology who has M.E.. Chair of the UK CFS/ME Research Collaborative (CMRC) Medical Education Working Group. A graduate of Oxford University, UK, and has written a number of popular medical textbooks.

Dr Muirhead educates other doctors about ME/CFS. and is part of Forward-ME, a group of UK charities and advocates for people with ME/CFS.



Wednesday 6th October 2021
2.00pm – 2.30pm (Two speaker session)
'Symptoms and Diagnosis of M.E. in Children'

Dr Nigel Speight -formally Consultant Paediatrician, University Hospital, North Durham, with a special interest in M.E.. Served on the CMO's working party and on the RCPCH Guidelines working party (2002). One of the authors of the 2011 case definition, International Consensus Criteria, and also was one of the authors of the 2017 Paediatric Primer published in Frontiers in Paediatrics. Patron of Hope 4 ME & Fibro NI



2.30pm-3.00pm Adults With Very Severe M.E.

Caroline Kingdon - RN, MSc, Research Fellow, Research Nurse, London School of Hygiene & Tropical Medicine, UK ME/CFS Biobank Lead



CUREME

Hope 4 ME & Fibro Northern Ireland

is a registered charity run entirely by patient volunteers.



Activities:

- **Monthly support meetings** on the first Tuesday of each month, at 7pm with specialist guest speakers. (Now delivered by Zoom)
- **Annual Conferences** featuring international researchers and leading experts. These events help medical professionals and healthcare decision makers to access the best current knowledge and understanding.
- **Lobbying for Specialist Biomedical Care.** At present there is no consultant led clinic for ME in Northern Ireland, and provision for fibromyalgia is erratic. Hope 4 ME & Fibro NI demand:
 - a proper consultant physician led clinic that offers both expert diagnosis and best clinical care.
 - that any therapy-based provision led by non-clinical staff can only be used in support of the above consultant led clinic. It cannot be a replacement.
- **Fundraising.** Funds raised are used to support the above activities and are also donated to selected biomedical research projects as finances allow.

Further Information:

Phone: 07712 892834 **Twitter:** @hope4mefibro

Email: hope4mefibro@outlook.com

Website: <https://hope4mefibro.org/>

Facebook Group: Hope 4 ME & Fibro Northern Ireland

Registered charity no. NIC100184

****Wednesday 13th October 2021**

***Special Session to include patients**

Services in Northern Ireland 'Your Questions To Allied Health Professionals & Patient Charity Leaders'

Lorraine Henry & Kate Lesslor

Joan McParland – Linda Campbell

Rebecca Logan.

Facing M.E & Long Covid Similarities