



Paediatric CFS/ME Service for Brighton and Hove

Referral Guidelines

1. **Details of Child / Young Person** - child must be aged 16 and under, and be registered with a Brighton and Hove GP.
2. **Symptoms / Presentation indicative of CFS / ME** (Based on NICE Guidelines). Referrals to this service can only be provided following a diagnosis of Chronic Fatigue Syndrome by a Paediatrician at the Royal Alexandra Children's Hospital
 - Persistent and/or Recurrent Generalised Fatigue
 - New or specific onset
 - Unexplained by other conditions
 - Causing disruption to daily life including substantial reduction in activity
 - Exacerbated by physical or mental exertion
 - Plus one or more of the following symptoms
 - Sleep difficulties (please specify)
 - Muscle or joint pain without evidence of inflammation
 - Headaches
 - Painful lymph nodes without pathological enlargement
 - Sore throat
 - Cognitive difficulties (e.g. concentration, memory, word-finding; please specify)
 - General malaise or 'flu-like' symptoms
 - Dizziness and / Nausea
 - Palpitations in absence of identified cardiac pathology
 - Please note time of first onset and any fluctuations in severity or nature over time
 - Please give summary of tests done to exclude other diagnoses (refer to NICE guidance, please also test vitamin D levels)

3. **Any other symptoms or concerns, e.g. depressed mood, anxiety**
4. **Any other services working with referred child**
5. **Any siblings of child who are also under RACH Paediatricians**
6. **Any additional comments or concerns from referrer, including hopes for referral.**

Please send referrals to:-

Referrals Administrator
Seaside View Child Development Centre
Brighton General Hospital
Elm Grove
Brighton
BN 2 3EW

**Victoria Thornton
Clinical Psychologist**

**Julia Krikman
Occupational Therapist**

22 February 2012