

FOI 0166/2025 Response

Request

My question was in regard to the Chronic fatigue syndrome clinic at BSMHFT. Here is the website I saw information about it on: <https://www.bsmhft.nhs.uk/our-services/specialist-services/neuropsychiatry/the-chronic-fatigue-syndrome-service/>

It states that the service offers treatment. Please let me know if the Symptom and Fatigue Management Course and therapeutic interventions for those with coexisting mental health difficulties can be delivered remotely?

Please can you let me know what other treatment or support the service offers (E.g. dietician)

Response

The noted link refers to a provision that is hosted by BSMHFT however, delivered into University Hospital Birmingham (UHB) and therefore does not fall into our secondary MH provision.

The Trust can confirm that that our group-based treatment programme can be delivered remotely using Microsoft Teams for Symptom and Fatigue Management Course and therapeutic interventions for those with coexisting mental health difficulties.

In addition to this, We also offer a Consultant / Specialist Nurse appointment to discuss medication options if indicated for managing certain symptoms; a referral to Dietetics can be arranged for an assessment and advice, but there is no provision for follow-up with a dietician; we can also signpost to other sources of support as available and indicated.

To reiterate - the Trust do not specifically provide assessment, diagnosis, or interventions for people with a main presenting problem of chronic fatigue syndrome.