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Key Clinical Resources for Healthcare Professionals

Core Clinical Guidance & Education:

- **ANZMES Best Practice Guidance for ME/CFS and Long COVID:**
 - <https://anzmes.org.nz/national-advisory-on-me-releases-best-practice-guidance-with-clinician-and-researcher-support/>
- **NICE Guideline (UK) Revisions:** Key international guidelines that no longer recommend Graded Exercise Therapy (GET) and emphasise Pacing.
 - <https://anzmes.org.nz/the-nice-revisions>
- **CDC Toolkit for Healthcare Professionals:**
 - <https://www.cdc.gov/me-cfs/hcp/toolkit/index.html>

CME Accredited:

- **Know M.E. Series:** An accredited educational series for NZ health professionals, provided by ANZMES.
 - <https://anzmes.org.nz/new-cme-accredited-series-for-health-professionals/>
- **Health Hub - Navigating the complexities of ME/CFS and Long Covid.**
 - [NAVIGATING THE COMPLEXITIES OF ME/CFS AND LONG COVID - myhealthhub.co.nz](https://myhealthhub.co.nz/NAVIGATING-THE-COMPLEXITIES-OF-ME-CFS-AND-LONG-COVID)
- **Mayo Clinic Proceedings - Diagnosis and Management of ME/CFS (2023):**
 - [https://www.mayoclinicproceedings.org/article/S0025-6196\(23\)00402-0/fulltext](https://www.mayoclinicproceedings.org/article/S0025-6196(23)00402-0/fulltext)
- **How to Treat ME/CFS (Dr. Cathy Stephenson & Rose Silvester):**
 - <https://static1.squarespace.com/static/5cae6a189b8fe8174438d696/t/61088ee6b71b5f76018ebed9/1627950841804/HowTo+Treat+MECFS+REPRINT.pdf>

Practical Management & Symptom Guides

- **Post-Exertional Malaise (PEM) Factsheet:**
 - https://drive.google.com/file/d/1ZKXRzi4PFV6oXjF_giwhOrv4up44gD_a/view
- **Pacing and Energy Management (ME Association UK):**
 - <https://meassociation.org.uk/wp-content/uploads/PACING-Activity-and-Energy-Management-for-people-with-MECFS-and-Long-Covid-MAY-2023-1.pdf>
- **Sleep Management for ME/CFS (Dr. Ros Vallings):**
 - <http://www.drvallings.co.nz/uploads/5/0/8/0/50805589/sleep%20management%20doc%2016.pdf>
- **Postural Orthostatic Tachycardia Syndrome (POTS) Factsheet:**
 - <https://drive.google.com/file/d/1sAHv8Vjg3ZAa4-TP4LNB8mw2PKCg2IIF/view>

ANZMES has over 40 Fact Sheets on symptom management that are free for health professionals and members. You can email info@anzmes.org.nz to request them.

Care for Severe & Acutely Ill Patients:

- **ANZMES One Page Resource for Hospital Stays:**
 - <https://drive.google.com/file/d/1VUFURZJgKeLQHqfjnkIRxcUobqjCu4M/view>
- **ME Respite/ANZMES Care Plan for Severe-Very Severe ME/CFS and long COVID (and associated conditions, e.g.: dysautonomia)**
 - https://drive.google.com/file/d/1l19mOPTY34kuWZtGKyTFjXOzigGjuyu0/view?usp=drive_link
 - **ANZMES Severe-Very Severe ME/long COVID Resources:** Malnutrition, Management and more:
 - https://drive.google.com/file/d/1oL_-NsLVi2JGi3trDfg5qx5J4n6aFRkZ/view
- **Caring for the Patient with Severe or Very Severe ME/CFS**
 - <https://pmc.ncbi.nlm.nih.gov/articles/PMC8544443/>