

Know M.E. Clinical Education Programme - Primary Care

ME/CFS (and associated conditions)



1 | TAILORED LEARNING

Designed for general practice. Direct relevance to GPs, NPs, practice nurses, HIPs, practice managers, and community staff. Evidence-based, practical, and discipline-specific, scenario-based CME/CPD workshops.

Includes:

- Interactive presentation, quizzes + reflection
- Take home resource materials for ongoing reference
- Case studies and Q+A



2 | PRACTICAL OUTCOMES

- Confidence in differentiating ME/CFS from other conditions.
- Practical discipline-specific strategies ready to apply.
- Tools for managing complex comorbidities.
- Improve communication with patients & whānau/families.
- Strengthen clinical reasoning and multidisciplinary collaboration.
- Awareness of local support networks.
- Knowledge of international of care & management.
- Contribute to equitable, safe care for complex conditions.
- Earn CME/CPD for participation.



3 | VALUABLE INVESTMENT

\$200pp - minimum of 6 people. Group rates available. Additional costs for audio-visual equipment and room hire as required.

Certificate of Completion for CPD. 2-yearly refresher training.



4 | RENOWNED EXPERTISE

ANZMES is the National Advisory on Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and associated conditions in Aotearoa/NZ. Established in 1979 and incorporated in 1980, the organisation's expertise comes from its reputable medical team including an MNZM recipient, RNZCGP fellow, and a network of academic researchers, clinicians, and representatives from the community.

ANZMES is a RNZCGP CME registered provider for its Know M.E. Series.



5 | TRAINING MODULES

Course 1 – Foundations of ME/CFS in Primary Care

A micro-credential for time-poor clinicians who need safe, practical, immediately usable knowledge.

Includes:

- Why Primary Care Matters - Prevalence, burden, harm-prevention, equity.
- ME/CFS 101 - PEM, OI, cognitive dysfunction, severity spectrum.
- Diagnostic Pathways - Differentials, what to rule out, what not to over-investigate.
- Management Principles - Pacing, symptom management, OI basics, sensory-safe care.
- Supporting the Spectrum - Mild-moderate focus + safe approaches for severe/very severe.
- Working as a Team - GP-NP-Nurse-HIP roles, continuity, sensory-safe practice.
- Resources & Ongoing Learning - ANZMES, Know M.E., clinical tools, handouts.

Course 2 – Applied Clinical Practice: ME/CFS and Associated Conditions

Deeper, case-based programme for clinicians who want to manage ME/CFS confidently & comprehensively.

Includes:

- Pre-Illness Risk Factors - Genetics, immune history, autonomic predisposition.
- Triggers & Presentations - Post-viral, post-COVID, gradual onset, paediatric patterns.
- Differential Diagnosis - What mimics ME/CFS, what co-exists, what it is not.
- Comorbidities & Management - The "Septad" or "Pentad"
- Case Studies - Applied Learning (spectrum, youth, workplace, relapse scenarios).

Course 3 – ME/CFS Research & Evidence Masterclass

A high-level, research-literate course for clinicians who want to understand the science and interpret studies critically.

Includes:

- Robust vs Flawed Studies - evaluate methodology, endpoints, bias, and outcome measures.
- Historical vs Present-Day Theories - disproven, plausible, emerging
- DecodeME - What it found, what it didn't, and what it means for clinical practice.
- The Literature & Evidence Base
 - Immune: cytokines, immune exhaustion, viral persistence
 - Neurological: neuroinflammation, cognitive dysfunction, sensory processing
 - Autonomic/Cardiovascular: OI, POTS, preload failure, autonomic dysregulation
 - Endocrine/Metabolic: HPA axis, energy metabolism, mitochondrial findings



info@anzmes.org.nz
03 471 6203
www.anzmes.org.nz