

Know M.E. Clinical Education Programme - Secondary Care

Myalgic Encephalomyelitis **ME** (and associated conditions)



1 | TAILORED LEARNING

Designed for multidisciplinary hospital teams.

Direct relevance to doctors, nurses, SLTs, dietitians, allied health & 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 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 standards of care & management.
- Contribute to equitable, safe care for complex conditions.
- Earn CME/CPD for participation.

3 | VALUABLE INVESTMENT

6-10 people \$2000, 11-25 \$2,800, 26+ \$3,500

Additional costs for travel/accommodation of clinical educator, 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 (ME) also known as chronic fatigue syndrome (CFS), and associated conditions in Aotearoa/NZ. Established in 1979, the organisation's expertise comes from its reputable medical team including an ONZM recipient, MNZM recipient, RNZCGP fellow, and a network of academic researchers, clinicians, and lived-experience representatives.

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



ANZMES
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5 | TRAINING MODULES

1. Foundations & Pathophysiology

- Current medical understanding of ME/CFS
- Diagnostic criteria & differentiation

2. Core Principle of Pacing

- Energy envelope management
- Strategies for post-exertional malaise (PEM)

3. Discipline-Specific Interventions

- OT: Cognitive pacing, daily routine modification
- Physiotherapy: Safe mobility, gentle flexibility
- SLT: Swallowing & communication fatigue
- Dietetics: Nutrition & gut symptom strategies

4. Community & Home-based Support vs Hospital Admission

- Severity specific interventions
- ME-aware care boundaries and the role of clinicians

5. Comorbidities & Symptom Management

- POTS, sleep disorders, chronic pain, cognitive dysfunction
- Pharmacological considerations

6. Communication & Psychoeducation

- Validating patient experience
- Family/whānau support

7. Services & Support Pathways

- ANZMES regional support groups
- NASC (Needs Assessment)
- Counselling & therapy options

