

Care and Support Plan (CSP) Guidance for Clinicians

ME/CFS

Main NG206 Guidelines	<u>NG206 1.5 Assessment and Care and Support Planning by an ME/CFS Specialist Team</u>
Care and Support Plan General	<p><u>NG206 1.17.4</u> Risk assess each interaction with a person with severe or very severe ME/CFS in advance, to ensure its benefits will outweigh the risks (for example, worsening their symptoms) to the person.</p> <p><u>NG206 1.5.3</u> Recognise that the person is in charge of the aims of their care and support plan.</p> <p><u>NG206 1.5.4</u> Give the person and their family or carers (as appropriate) a copy of their care and support plan and share a copy with their GP.</p>
Managing ME/CFS and Symptom Management, Including Medicines Management	<u>NG206 1.12 Symptom Management for People with ME/CFS</u>
Information and Support Needs	<u>NG206 1.6 Information and Support</u>
Nutritional and Hydration Needs	<p><u>NG206 1.17.10 Dietary Management and Strategies</u></p> <p><u>NG206 1.17.11 CG32 Nutrition support for adults: oral nutrition support, enteral tube feeding and parenteral nutrition</u></p>
Support for Activities of Daily Living	<p><u>NG206 1.17.6 Severe and Very Severe Access to Care and Support</u></p> <p><u>NG206 1.8 Access to Care and Support</u></p> <p><u>NG206 1.6.8 Accessing Social Care</u></p>
Mobility and Daily Living Aids and Adaptations to Increase or Maintain Independence	<u>NG206 Aids and Adaptations</u>

Education, Training or Employment Support Needs	<u>NG206 1.9 Supporting People with ME/CFS in Work, Education and Training</u>
Self-Management Strategies, Including Energy Management	<u>NG206 1.11.2 Energy Management</u>
Physical Functioning and Mobility	<u>NG206 1.12.5 Physical Functioning and Mobility</u> <u>NG206 1.12.9 Orthostatic intolerance</u>
Safeguarding Concerns and Assessment	<u>NG206 1.7 Safeguarding</u>
Guidance on Managing Flare-Ups and Relapses	<u>NG206 1.14 Managing Flare-Ups in Symptoms and Relapse</u>
Details of the Health and Social Care Professionals Involved in the Person's Care, and Who to Contact	<u>NG206 1.10 Multidisciplinary Care</u>