

## Myalgic encephalomyelitis (or encephalopathy)/Chronic fatigue syndrome (ME/CFS) Committee meeting 28

**Date:** 23/04/2021  
**Location:** Video-conference  
**Minutes:** Final

<b>Committee members present:</b>	
Peter Barry (Chair)	(Present for notes 1 – 4)
Ilora Finlay (Vice-Chair)	(Present for notes 1 – 4)
Theo Anbu	(Present for notes 3b – 4)
Joanne Bond-Kendall	(Present for notes 1 – 4)
Saran Bonser	(Present for notes 1 – 4)
Sally Burch	(Present for notes 1 – 4)
Chris Burton	(Present for notes 1 – 4)
Tony Crouch	(Present for notes 1 – 4)
Jo Daniels	(Present for notes 1 – 4 but stepped out for decision making on CBT)
Dorinda Jack	(Present for notes 1 – 4)
Caroline Kingdon	(Present for notes 1 – 4)
Adam Lowe	(Present for notes 1 – 4)
Jennifer McIntosh	(Present for notes 1 – 4)
Gabrielle Murphy	(Present for notes 1 – 4)
Alan Stanton	(Present for notes 3a – 4)
William Weir	(Present for notes 3a – 4)

<b>In attendance:</b>		
Kate Ashmore	NGC Project Manager	(Present for notes 1 – 4)
Kate Kelley	NGC Guideline Lead	(Present for notes 1 – 4)

Karin VanBart	NGC Research Fellow	(Present for notes 1 – 4)
Melina Vasileiou	NGC Senior Research Fellow	(Present for notes 1 – 4)
David Wonderling	NGC Head of Health Economics	(Present for notes 3a – 4)
Sarah Catchpole	NICE Senior Medical Editor	(Present for notes 1 – 4)
Rupert Franklin	NICE Senior Guideline Commissioning Manager	(Present for notes 1 – 4)
Ian Mather	NICE Business Analyst	(Present for notes 1 – 3b)

**Apologies:**

Michael Beadsworth	Consultant in Infectious Diseases, Clinical Director Specialist and Academic Medicine, Clinical Lead CFS/ME Regional Services, Royal Liverpool University Hospital
Luis Nacul	GP
Nicola Kidby	Lay member
Susan Watson	Team Manager, York and Selby IAPT, Tees Esk and Wear Valleys NHS Foundation Trust.

**1. Welcome and objectives for the meeting**

The Chair welcomed the Committee members and attendees to the twenty eighth meeting of the ME/CFS guideline.

The Chair informed the Committee that apologies had been received for this meeting. These are noted above.

**2. Declarations of interest**

The Chair asked everyone to verbally declare any interests that have arisen since the last meeting. There were no new interests to be declared. The Chair and a senior member of the Developer's team noted that previous interests declared meant that Jo Daniels would step out for decision-making on CBT.

**3. Presentations, questions and discussion**

- a) Karin VanBart and Melina Vasileiou presented the post-exertional malaise re-analysis for non-pharmacological management: CBT. The committee discussed and

amended recommendations.

- b) Karin VanBart and Melina Vasileiou presented the post-exertional malaise re-analysis for experience of interventions: CBT. The committee discussed and amended recommendations.
- c) The committee discussed and edited recommendations on approach to delivering care, managing co-existing conditions, access to care and care for people with severe and very severe ME/CFS.

**4. Any other business**

None.

**Date of next meeting:** 27/04/21