

## Myalgic encephalomyelitis (or encephalopathy)/Chronic fatigue syndrome (ME/CFS) Committee meeting 24

**Date:** 15/03/2021  
**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 – 3b)
Michael Beadsworth	(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)
Dorinda Jack	(Present for notes 1 – 4)
Nicola Kidby	(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 3b – 4)
Charles Shepherd (co-optee)	(Present for notes 1 – 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 1 – 4)
Rupert Franklin	NICE Senior Guideline Commissioning Manager	(Present for notes 1 – 4)
Sarah Catchpole	NICE Senior Medical Editor	(Present for notes 1 – 4)

### Apologies:

Theo Anbu	Consultant General Paediatrician and lead for Paediatric CFS/ME, Alder Hey Children's NHS Foundation Trust, Liverpool
Luis Nacul	GP
Alan Stanton	Consultant Community Paediatrician, University Hospitals, Birmingham
Susan Watson	Team Manager, York and Selby IAPT, Tees Esk and Wear Valleys NHS Foundation Trust.
William Weir	Consultant Physician, London

### 1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the twenty fourth 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.

Name	Job title, organisation	Declarations of Interest	Decision taken
Charles Shepherd	Honorary Medical adviser, ME Association	Guardian article: <a href="https://www.theguardian.com/society/2021/mar/14/when-rest-may-be-best-for-post-viral-fatigue">https://www.theguardian.com/society/2021/mar/14/when-rest-may-be-best-for-post-viral-fatigue</a>	Withdraw from all further meetings.

The Chair and a senior member of the Developer's team noted that previous interests

declared did not prevent the attendees from fully participating in the meeting.

**3. Presentations, questions and discussion**

- a) The committee reviewed and discussed stakeholder comments and recommendations on dietary management.
- b) The committee reviewed and discussed stakeholder comments and recommendations on principles of care.
- c) The committee reviewed and discussed stakeholder comments and recommendations on safeguarding.

**4. Any other business**

None.

**Date of next meeting:** 19/03/21