

## The Team

Dr D. Gale - Specialist Clinical Psychologist

Sarah Warmington - Specialist Nurse

Lisa Akerman - Specialist Physiotherapist

Penny Loveridge - Team Administrator

The team link with **Education Support Team for Medical Absence (ESTMA)** by area:

- East Herts and Broxbourne
- North Herts and Stevenage
- St Albans and Dacorum
- Welwyn/Hatfield and Hertsmere

## Contact details

### East and North Herts CFS/ME Service for Children and Young People

Lister Hospital  
Child and Adolescent Unit  
Level 2, Lilac Zone  
Stevenage  
Hertfordshire  
SG1 4AB

#### Central contact:

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You can request this information in a different format or another language.

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# Chronic Fatigue Syndrome/ME Service for Children and Young People

## Patient Information



## Introduction

You have been referred to the team by your consultant paediatrician for a management plan to help you cope with your symptoms.

## Pathway

- A postal questionnaire and a sleep questionnaire accompany this leaflet and your appointment letter.
- Please complete both questionnaires and return them to us in the enclosed envelope prior to your appointment.
- Your initial appointment will be to assess your symptoms and how they are impacting on your day to day life.
- The appointment is with the specialist nurse and clinical psychologist. It is a 'talking' appointment and will not involve any physical examination.
- Information leaflets will be given to you.
- An individualised management plan will be agreed.
- There will be a follow-up appointment in four to six weeks and then regular reviews.
- Email and telephone contact available for advice.

## Management plan

- Baseline of activity identified, including physical, cognitive and emotional factors.
- Impact on education - may require a part-time timetable and support from ESTMA (Education Support Team for Medical Absence).
- Close liaison with school maintained by team.
- Impact on physical activity discussed and activity plan agreed.
- Possible referral to physiotherapy.
- Strategies identified to manage feelings.
- Quality and quantity of sleep discussed.



## Clinics

We hold clinics at:

### Lister Hospital

Child and Adolescent Unit  
Level 2, Lilac Zone  
Stevenage  
Hertfordshire  
SG1 4AB

### Hertford County Hospital

Clinic A  
North Road  
Hertford  
Hertfordshire  
SG14 1LP

### Physiotherapy Appointments:

#### Danestrete Health Centre

Southgate  
Stevenage  
Hertfordshire  
SG1 1HB

**School Meetings** - in individual schools