

Chronic Fatigue Syndrome

Monday 28 April 2008

Venue:

The Royal Society of Medicine,

1 Wimpole Street

London,

W1G 0AE

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Aims and Objectives:

Chronic fatigue syndrome is a common and debilitating illness which can persist for years. Despite extensive research, the nature and pathogenesis of the condition remain enigmatic. There is continuing uncertainty and controversy concerning the physical and psychological components that may contribute to the initiation and perpetuation of the symptoms of chronic fatigue syndrome.

The guidelines published by NICE in August 2007 have met with a mixed response, but many have welcomed the development of evidence based advice about different treatment options.

The aim of this meeting is to take a broad look at chronic fatigue syndrome, examining its nature and definition, pathophysiology, epidemiology, clinical assessment and diagnosis, the patient perspective, and various approaches to treatment. This is a scientific conference and there will be an emphasis on an evidence based approach throughout.

Those attending the meeting will gain understanding of the various aspects of CFS being discussed, and be better able to help people suffering from this disabling condition.

The conference is intended for all health professionals who are involved in the assessment and treatment of those with CFS.

Planning Committee:

Dr John Scadding (Chair), Miss Bina Arpino, Professor Peter White, Professor Simon Wessley, Professor Kam Bhui, Professor Matthew Hotopf.

List of Contributors:

Dr John Scadding	Dean, Royal Society of Medicine
Professor Peter White	Barts & the London Queen Mary's School of Medicine and Dentistry
Dr Anthony Cleare	Institute of Psychiatry, London
Professor Simon Wessely	King's College London
Professor Anthony Pinching	Peninsula Medical School
Professor Chris Dowrick	Liverpool
Professor Matthew Hotopf	Institute of Psychiatry, London
Professor Mansel Aylward	Unum Centre for Psychosocial and Disability Research, Cardiff University
Sir Peter Spencer	Action for M.E.
Professor Richard Baker	Leicester University
Professor Kam Bhui	Department of Psychiatry, Queen Mary School of Medicine and Dentistry
Professor Rona Moss-Morris	University of Southampton
Dr Alastair Miller	Royal Liverpool University Hospital

Accreditation:

5 CPD points (Applied for)

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9.25 am	Registration and Coffee	1.05 pm	Lunch
9.50 am	Welcome address <i>Dr John Scadding</i> <i>Dean, Royal Society of Medicine</i>		
			<u>SESSION THREE</u>
		Chair:	<i>Professor Mansel Aylward CB</i> <i>Director, Unum Centre for Psychosocial and Disability Research, Cardiff University</i>
	<u>SESSION ONE</u>		
Chair:	<i>Dr John Scadding</i> <i>Dean, Royal Society of Medicine</i>	2.00 pm	M.E. – The patient persepective <i>Sir Peter Spencer</i> <i>Action for M.E.</i>
9.55 am	What is Chronic Fatigue Syndrome and what is ME? <i>Professor Peter White</i> <i>Barts & the London, Queen Mary's School of Medicine and Dentistry</i>	2.25 pm	Questions
10.20 am	Questions	2.30 pm	Management: NICE Guidelines <i>Professor Richard Baker</i> <i>Leicester University</i>
10.25 am	Pathophysiology <i>Dr Anthony Cleare</i> <i>Institute of Psychiatry, London</i>	2.55 pm	Questions
10.50 am	Questions	3.00 pm	Tea
10.55 am	Epidemiology <i>Professor Simon Wessely</i> <i>King's College London</i>		<u>SESSION FOUR:</u>
11.20 am	Questions	Chair:	<i>Professor Kam Bhui</i> <i>Department of Psychiatry, Queen Mary School of Medicine and Dentistry</i>
11.25 am	Open discussion	3.30 pm	CBT and GET <i>Professor Rona Moss-Morris</i> <i>University of Southampton</i>
11.40 am	Coffee	3.55 pm	Questions
	<u>SESSION TWO</u>	4.05 pm	What drugs can I use? <i>Dr Alastair Miller</i> <i>Royal Liverpool University Hospital</i>
Chair:	<i>Professor Anthony Pinching</i> <i>Peninsula Medical School</i>	4.30 pm	Questions
12.05 pm	Assessment: general practitioners' approach <i>Professor Chris Dowrick</i> <i>University of Liverpool</i>	4.35 pm	Open discussion
12.30 pm	Questions	5.00 pm	Close of meeting
12.35 pm	Assessment: psychiatrist's approach <i>Professor Matthew Hotopf</i> <i>Institute of Psychiatry, London</i>		
1.00 pm	Questions		