

# CPD EVENT RECORD

## DECODING MYALGIC ENCEPHALOMYELITIS (ME)

with Dr David Strain and Sonya Chowdhury

**Recording:**  
*Learning  
by Oneself*

This discussion explored the current evidence for the various potential causes of ME. Diagnostic criteria were laid out and treatment options explained. An important element was that earlier treatment protocols (Cognitive Behavioural Therapy and Graded Exercise) were based on flawed research and were no longer applicable in their original context.

DecodeME, the largest study into ME in the world, was explained and the likely timescale for change laid out.

The role of physical therapists was also explored.

### Chiropractic Code 2016

**A** Put the health interests of patients first

A1 A2 A3 A4 **A5** A6 A7

**C** Provide a good standard of clinical care and practice

C1 C2 C3 **C4** C5 **C6** **C7** C8 C9

**E** Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

**G** Maintain, develop and work within your professional knowledge and skills

G1 G2 **G3** G4 **G5** G6

Equality, Diversity & Inclusion: No

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

**D** Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 **F3** F4 F5 F6

**H** Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

### Certification

This certificate confirms that

participated in this CPD event

  
S L BRUCE, APM Director

**90**  
minutes

**Learning by Oneself**  
Recorded

### Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

### Osteopathic Practice Standards 2019

**A** Communication and patient partnership

A1 **A2** A3 A4 **A5** A6 A7

**B** Knowledge, skills and performance

**B1** B2 B3 B4

**C** Safety and quality in practice

C1 C2 C3 C4 C5 **C6**

**D** Professionalism

D1 D2 D3 D4 D5 D6  
D7 D8 D9 **D10** D11 D12

Objective Activity: None

Communication & Consent: No

**NICE Guidance:**

NG206 Dated 29th October 2021

Myalgic encephalomyelitis/chronic fatigue syndrome:  
diagnosis and management

  
Academy  
of PHYSICAL MEDICINE

**Evaluation, Reflection and Impact on Practice** (this part of the certificate is **not** automatically generated - it has been entered by the participant)