

Report to the Health and Adult Services Scrutiny Committee
Meeting to be held on Wednesday, 5 February 2025

Report of the Director of Law and Governance

ME/Chronic Fatigue Syndrome and Long Covid Services
(Appendix 'A' refers)

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| Part I | Corporate Priorities: N/A; |
| Electoral Division(s): (All Divisions); | |
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Summary

Purpose of the Report

To provide the Health and Adult Services Scrutiny Committee with details on the ME (myalgic encephalomyelitis), CFS (chronic fatigue syndrome) and Long Covid services, treatment options and staff training is currently in place across Lancashire.

Recommendation

The Health and Adult Services Scrutiny Committee is asked to:

- i. Consider the information presented.
- ii. Identify any further recommendations for consideration by the Lancashire and South Cumbria Integrated Care Board.
- iii. Consider how to approach the Secretary of State for Health and NHS England requesting further investment in research and training about ME/CFS and Long Covid.

Background

1. At the [23 May 2024](#) meeting of Full Council, a notice of motion was presented with the following recommendations to the Health and Adult Services Scrutiny Committee:



- Request information from the Lancashire and South Cumbria Integrated Care Board on numbers of people with ME/CFS and Long Covid and the treatment options available across Lancashire.
 - Investigate what ME/CFS and Long Covid training is given to existing and future staff on the updated NICE guidelines.
 - Consider how to approach the Secretary of State for Health and NHS England requesting further investment in research and training about ME/CFS and Long Covid.
2. The Notice of Motion was moved by County Councillor Gina Dowding with the following information provided as part of the motion:

'The ME Association estimates that more than 1.25 million people in the UK live with a diagnosis of myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and Long Covid. ME/CFS is a debilitating, long-term neurological condition with varying degrees of severity.

People with ME/CFS experience delayed worsening of symptoms after minor activity. It prevents people from functioning normally, stops or restricts ability to work or go to school, and leads to a lower quality of life.

The ME Association believes there are no effective drug treatments available. Treatments focus on improving functional ability and self-management.

ME Action, the international campaign organisation, calls for greater education in hospital systems and medical schools about ME/CFS, and for major hospitals to treat ME'.

3. Attached at Appendix 'A' is a presentation from the Lancashire and South Cumbria Integrated Care Board (LSC ICB) which seeks to address the recommendations agreed at Full Council.

Options and Proposals

4. The Health and Adult Services Scrutiny Committee is asked to consider the information presented and identify any further recommendations for consideration by the Lancashire and South Cumbria Integrated Care Board. In addition, to consider how to approach the Secretary of State for Health and NHS England requesting further investment in research and training about ME/CFS and Long Covid.

Consultations

5. Information presented at Appendix 'A' has been prepared by the Lancashire and South Cumbria Integrated Care Board at the request of the Health and Adult Services Scrutiny Committee.



Context and Implications

Legal (including Human Rights)

6. The report at Appendix 'A' represents the views of the Lancashire and South Cumbria Integrated Care Board and not those of Lancashire County Council.

Financial

7. The report at Appendix 'A' represents the views of the Lancashire and South Cumbria Integrated Care Board and not those of Lancashire County Council.

Equality and Diversity

8. The report at Appendix 'A' represents the views of the Lancashire and South Cumbria Integrated Care Board and not those of Lancashire County Council.

Risk Management

9. The report at Appendix 'A' represents the views of the Lancashire and South Cumbria Integrated Care Board and not those of Lancashire County Council.

Appendices

| Appendix | Title |
|--------------|-----------------------------|
| Appendix 'A' | Presentation of the LSC ICB |
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List of Background Papers

| Paper | Date | Contact/Tel |
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| NA | | |

Part II Reason

NA

