

Shortlist of Tools for Care Management

Patients and healthcare professionals can utilize the following resources to help guide the care management of multi-system chronic complex diseases (msCCD). They are intended to provide supportive information for the patient and provider.

Disease Assessment and Management Guidance

- [ME/CFS Healthcare Provider Information Letter](#)
- [Mayo Clinic Proceedings](#)
- [ER and Urgent Care Considerations for ME/CFS](#)
- [Orthostatic Intolerance Information Sheet](#)
- [“Long COVID and Post-Viral Syndromes” accredited medical education series \(recorded lectures and presentation slides\)](#)

Medical Appointment Forms

Patients can complete these brief forms and bring them to medical appointments. They are designed to communicate impairment and symptom severity in a format that medical professionals can quickly assess.

- [Good Day/Bad Day Questionnaire](#)
- [Health Assessment Worksheet](#)

Communication Tools

Practical advice on managing a multi-system chronic complex disease “crash” and the art of preventing them.

- [ME/CFS Crash Survival Guidebook](#)
- Communication Cards (Flashcards for patients to use when speaking is difficult.)
 - [Critical Needs](#)
 - [Symptoms and Sensitivities](#)
 - [Comfort](#)
 - [Emergency](#)

There are many more to be accessed on the Bateman Horne Center [website](#) and [YouTube channel](#).

Please note that although some of the above resources have ME/CFS in the title, the information may also apply to long COVID and severe fibromyalgia.