

Bateman Horne Center of Excellence

Donor Report

2023

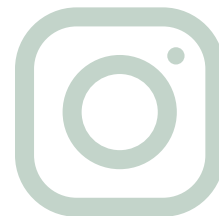


Bateman Horne Center is a 501(c)(3) improving access to informed healthcare for individuals with ME/CFS, long COVID, and fibromyalgia by translating our clinical expertise into medical education and research initiatives.

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Introductory Message

Dear Friend & Supporter of Bateman Horne Center,

Fall is a beautiful time of year. The vibrant colors inspire reflection of what has passed and anticipation of what is to come.

To date, 2023 has been extraordinary. Each year brings new opportunities and talent to our mission - some internal and others through collaborative partnerships. The reach of our message and growth of our provider education offerings have been exceptional due to your support. We maintain that the only way more individuals get the informed care they hope for is if we educate and engage primary care and specialty providers to listen, diagnose, and treat these pernicious multi-symptom chronic complex diseases.

As you review this report, you will read about the unique opportunities and new frontiers being explored with our research team, the clinical learnings and innovations, and the impact of our educational programming, web assets, and teaching opportunities that are shaping the future of medical education and healthcare delivery here and abroad.

The ability to grow and develop is a direct result of your generosity and belief in our mutual work. We hope you will find our progress compelling and an effective use of your trusted funds and that we are making the case for your future support.

Enjoy the review,

Rob Ence
BHC Executive Director



[Join our mailing list](#)

High Impact

Your support has enabled us to spread a vital network of knowledge to professionals in positions of influence at academic centers and institutions in addition to clinicians serving in their local communities. The following shows new platforms and noteworthy lectures in 2023.

MEDICAL EDUCATION PLATFORMS NOW FEATURING BHC CONTENT

Medscape is the leading online global destination for physicians and healthcare professionals worldwide. Dr. Bateman joins Drs. Komaroff and Systrom in delivering continuing medical education (CME) on: “ME/CFS Diagnosis and Management in the Age of COVID-19: Expert Insights.”

VuMedi is a medical education platform with over 275,000 clinician subscribers. Since July, providers have accessed over 398 hours of BHC educational content.

NOTABLE LECTURES

- CDC-funded Long COVID & Fatiguing Illness Recovery Program ECHO
- The Schmidt Initiative for Long COVID Global ECHO Webinar Series
- National Nurse Practitioners Symposium
- Annual PA & NP Conference
- Israel Medical Education Symposium
- University of Massachusetts Chan Medical School

NIH RESEARCH ROADMAP

Dr. Bateman is co-chairing the NIH Research Roadmap Working Group to provide scientific guidance on how best to advance research of ME/CFS. Through a series of virtual webinars input is being gathered from relevant communities, including researchers, clinicians, non-profit advocacy organizations, and people with lived experiences. Areas of study include the nervous system, immune system, circulation, metabolism, genomics/genetic susceptibilities, chronic infections, and physiology.



LEARNER FEEDBACK:

I feel I am far ahead of my colleagues in diagnosing and treating the complications of long COVID due to all the knowledge I gained in this ECHO series!

Fantastic. Good to learn about the NASA Lean Test. This information will be very helpful in identifying those suffering from post-covid conditions and ME/CFS.

Great presentation! You have prepared me to see dysautonomia patients.

Enlightening. Thank you for teaching me about PEM, how to evaluate it, and how to help manage it.

We are thankful that you focus on education and accessibility for providers—this makes all the difference in local settings.



Research



TRIALS

Terra Biological, LLC is sponsoring two randomized, placebo-controlled trials at BHC. The RESTORE ME trial will study whether the medical food, oxaloacetate, reduces fatigue and improves ME/CFS symptoms. We are collecting blood samples that will be sent to Chris Armstrong, PhD at the University of Melbourne at the end of the trial to look for treatment response biomarkers. The other trial, REGAIN, will study whether oxaloacetate improves long COVID symptoms. Both of these trials will be completed in early 2024.

BHC received an unrestricted investigational grant from Virios Therapeutics to conduct a clinical trial exploring the safety and efficacy of valacyclovir plus celecoxib for the treatment of long COVID. The results were POSITIVE! Long COVID patients treated with this drug combination experienced significant clinical improvement in fatigue, pain, orthostatic intolerance, and improvement in overall health.

BHC has received a second unrestricted investigational grant from Virios Therapeutics to conduct a randomized, placebo-controlled trial to test two different doses of valacyclovir & celecoxib in long COVID patients. In parallel, Virios Therapeutics is preparing an Investigational New Drug (IND) application to submit to the FDA.

This provides the authorization to test the drug combo in a multi-site trial, and if the drug combo proves to be safe and effective, it would be approved for treatment of long COVID patients.

RECOVER

BHC is part of the team created by the the National Institutes of Health (NIH) to lead the initiative called RECOVER – which stands for “Researching COVID to Enhance Recovery.”

RECOVER aims to improve diagnosis, treatment, and prevention of long COVID. BHC is excited to bring its experience and expertise in post-viral illnesses to this national initiative. BHC has been involved in the planning, design, and execution of the RECOVER clinical trials that are funded by the NIH and has access to the data already generated from the more than 15,000 people enrolled in RECOVER to ask important questions, such as “Does SARS-CoV-2 trigger ME/CFS?,” “What happens to ME/CFS patients who become sick with COVID-19?,” “What is the clinical course of people whom develop ME/CFS after SARS-CoV-2 infection?”

RECOVER is unprecedented in its size and scope and provides the opportunity to ask many questions and get answers that will advance the diagnosis, treatment and prevention of ME/CFS, fibromyalgia, and long COVID.



Education



Your support and the Open Medicine Foundation-sponsored MERC (Medical Education Resource Center at BHC) enabled the production of two high-quality educational series focused on post-exertional malaise (PEM) & post-exertional symptom exacerbation (PESE) reaching providers across specialties.

Handouts



[The Push/Crash Cycle](#)



[Pacing for PEM & PESE](#)



[Screening for PEM & PESE](#)



[Heart Rate Variability](#)

Video Series

Therapy for Patients with PEM

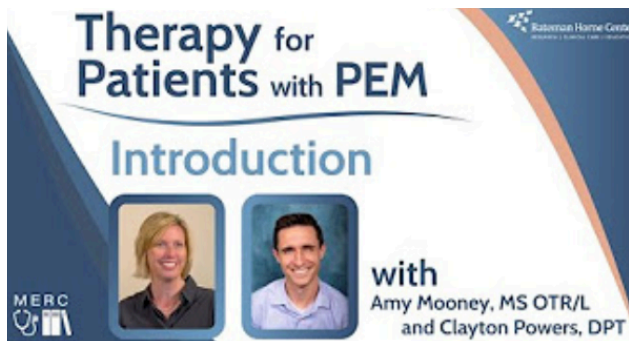
This video series was created for physical and occupational therapists to redefine what it means to move and adapt the daily living needs in patients with PEM & PESE. Through collaborative coordination with the physical and occupational therapists, the referring clinician also gains insight into PEM and pacing, creating a supportive network of care for each patient.

Post-Exertional Malaise



Dr. Lucinda Bateman, MD
Dr. Brayden Yellman, MD

75,492 views



24,374 views

PEM series

This seven-part video series is a comprehensive deep-dive into our current understanding of the pathophysiology, common triggers, and medical care management of PEM & PESE.

It gives voice to every person suffering with this disease because it shows that there are real physiological changes happening with PEM & PESE.

Highlights



Press & Media

JAMA The Journal of the American Medical Association

The Otter.
DEEP DIVES FROM YOUR NEXT FAVOURITE WRITERS

The Boston Globe

INSIDE PRECISION MEDICINE

New Scientist

MUCKROCK

NATIONAL GEOGRAPHIC

NIH

fluent knowledge

RADIO-CANADA

nature

Views & Downloads

7/2020
What is ME/CFS
30,826 views

2/2022
ME/CFS Crash Survival Guidebook
102,790 views

9/2022
Mast Cell Activation Syndrome
14,729 views

3/2021
Post-Viral Illnesses
12,777 views

8/2022
Exercise Intolerance & PEM
18,129 views

YouTube



SUBSCRIBE

11,583

patients, healthcare professionals, researchers, and community members subscribe to BHC's YouTube channel!



Looking Forward



We have more high impact activities scheduled in 2023 thanks to your generous support!

WHAT IS AN ECHO?

Extension for Community Healthcare Outcomes

An ECHO is a virtual forum for health care professionals to come together, creating a network of knowledge, through case-based lectures & didactics.

Long COVID & Post-Viral Syndromes ECHO Series

Jennifer Bell, FNP-C
Brayden Yellman, MD
Lucinda Bateman, MD

Long COVID & Fatiguing Illness Recovery Program

Brayden Yellman, MD
Lucinda Bateman, MD

Central American Long COVID ECHO

Lucinda Bateman, MD

Keynote | Grand Rounds at Dartmouth-Hitchcock Medical

The Untreated Epidemic: Understanding and Treating Long COVID & ME/CFS

Lucinda Bateman, MD

ILC Foundation Conference Canadian Ehlers-Danlos Syndromes

Brayden Yellman, MD



Clinical Research Trials

Resources on the Horizon

Screening and Assessment Video: Therapy for Patients with PEM

Digital Forms:

- Pre-Visit (Patient)
- Screening (PT/OT)
- Documenting for Disability (PT/OT)

Physical & Occupational Therapy Handouts:

- Screening for Impairments
- Home Health Guidance of Severe & Very Severe ME/CFS
- Pro Tips for PEM & PESE

Thank you

You, our generous donors, have fueled every step of progress made in 2023. It is because of your partnership that we carry out this mission to improve lives through universal access to informed care for individuals with ME/CFS, fibromyalgia, and long COVID. We are grateful for your generous commitment.

Please join us in continuing this urgent work of changing lives today. There are millions of individuals and families waiting for relief. **Your support is critical to our ability to keep teaching providers and communities, researching biomarkers and treatments, and providing support through resources and online groups.**

I invite you to partner with us again by making a donation through one of the methods shared in this report.

With deep gratitude,

Angela Linford
Development Officer





Ways to Give

by Phone or Mail



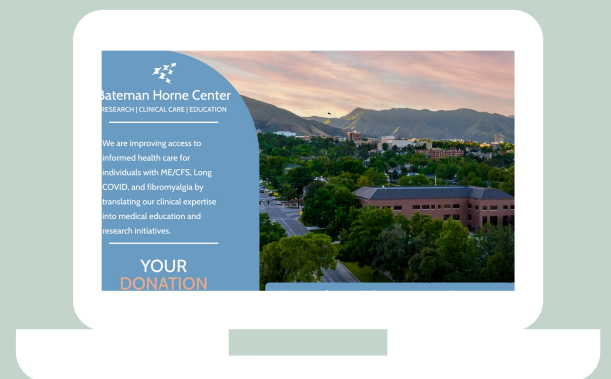
24 S 1100 E # 205
Salt Lake City, Utah 84102

Online

Your secure online donation makes an incredible impact.

Donate today by visiting
batemanhornecenter.org/donate/

or by scanning this QR code:



Bateman Horne Center is a 501(c)(3) improving access to informed health care for individuals with ME/CFS, long COVID, and fibromyalgia by translating our clinical expertise into medical education and research initiatives. Contributions are fully tax deductible in the U.S.

Tax ID 87-0687610



Community Feedback

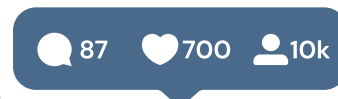
“
 You have created the most supportive online community. My friends & family do not understand what I endure with this illness. Thanks for giving me a safe place to simply be me.
 ”



“
 Thank you for your dedication and advocacy for all people with ME/CFS and long COVID.
 ”



“
 I can't give enough thanks and gratitude for these groups....to all involved and especially Meredith. I've had ME/CFS for 18 years (since my early 20s) and have had very little professional help until now.
 ”



“
 Your Crash Guide is circulating around social media in the UK, & I would say in 30 years of this truly awful illness, it is the best and most useful resource. It helps with ME and also with the dreadful disability forms.
 ”

“
 In 20 yrs, I've never met another ME/CFS person. I LOVE this group - it helps me & brings me JOY to see & hear people just like me. THANK YOU ALL.
 ”

