

Medical Education Resource Center (MERC) at BHC

The Bateman Horne Center (BHC), a 501(c)(3) nonprofit organization, has been a leader in clinical care, physician and patient education, and research in ME/CFS (myalgic encephalomyelitis/chronic fatigue syndrome), infection-associated chronic conditions (PASC/Long COVID), and related comorbidities for over a decade. Recognizing the critical role of medical education in improving patient care, the Open Medicine Foundation (OMF) joined forces with BHC in 2022 to create the OMF-supported Medical Education Resource Center (MERC).

The Medical Education Resource Center (MERC) at BHC provides comprehensive, evidence-based training for healthcare professionals on diagnosing, managing, and creating personalized care plans for various conditions. Our contributions include developing several accredited education series through Project ECHO, maintaining a repository of enduring CME through various Grand Rounds and medical societies, and serving as leading experts in the NIH ME/CFS Research Roadmap and RECOVER COVID initiative, and the NASEM committees that established the clinical diagnostic criteria for ME/CFS and Long COVID. These efforts highlight our expertise and unwavering commitment to advancing medical knowledge.

Our extensive experience in managing patients provides invaluable insights that drive our research and inform our education program. MERC is actively engaging key stakeholders to advocate for formalized curricula in medical schools, board exams, and CME that emphasize recognizing and managing these illnesses. Additionally, we seek to establish baseline standards of care for diagnosis and management to counteract misinformation and patient harm.

Pre-pandemic, ME/CFS affected an estimated 2.5 million Americans across all demographics ([NAM](#)). The prevalence was predicted to rise post-pandemic because ME/CFS often develops following infection ([Komaroff, et.al](#)). The CDC Pulse Survey reported 5.3% (13.9M) of American adults currently have Long COVID ([CDC Pulse](#), [US Census](#)). While not all people with Long COVID experience post-exertional malaise, the defining characteristic of ME/CFS, the RECOVER initiative estimated 87% (12.1M) do ([Thaweethai, US Census](#)). Combined with pre-epidemic estimates of ME/CFS, this translates to an estimated 13-15 million American adults experiencing ME/CFS.

In 2022, the Association of American Medical Colleges reported that primary care physicians could each be responsible for 33 post- COVID ME/CFS patients, with about 8 experiencing disabling symptoms. These conditions impose a profound burden on patients, the healthcare system, and society. Access to care is hindered by a shortage of informed clinicians, leading to lengthy waitlists and delayed care. [AAMC](#)

With these overwhelming numbers, it is now the responsibility of every healthcare practitioner to recognize and treat these underserved patients. Educating medical professionals, primary care providers, and related specialists is urgently needed to accelerate understanding of these multisystem diseases. Earlier diagnosis and treatment interventions can lessen disease severity and improve patient outcomes.

Our objective is to furnish healthcare providers with the tools and education necessary for timely diagnosis and effective management of infection-associated conditions.

MERC's Impact (2022 – June 2024)

Geographic Reach

- **States:** Thousands of healthcare professionals across 45 states
- **Countries:** Thousands of healthcare professionals across 89 countries

Fellowships & Residency Rotations (in-person)

- Residency - Mayo Clinic Internal Medicine Physician (2022)
- Fellowship - Internal Medicine and Pediatric Trained Physician (2022)
- Rotation - Medical Student, University of Utah Health (2022)
- Residency - Internal Medicine Physician, Saint Marks (2022)
- Fellowship - Nurse Practitioners, Primary Children's Hospital (2022, 2023)
- Residency - Doctorate of Nurse Practitioners (DNP), University of Utah Health College of Nursing (2022, 2023)
- Fellowship - International, New Zealand Internal Medicine Nurse Practitioner (2023)
- Fellowship – Physical Medicine & Rehabilitation Physician (2024)
- Internship – Occupational Therapist, Nova Southeastern University (2024)
- Fellowship - International, Israel Internal Medicine Physician (Winter/Spring 2025)

Project ECHO (Extension for Community Healthcare Outcomes)

- [Long COVID & Post-Viral Syndromes ECHO](#) (BHC and the University of Utah Health)
 - 2022 series (14 sessions)
 - 2023-2024 series (11 sessions)
- **Guest Lectures:** Participation in four nationwide and two international ECHO programs.

Accredited Continuing Medical Education (CME)

- [Five enduring CMEs](#) available through 2025
- BHC has the only CME specific to post-exertional malaise (PEM), the defining feature of ME/CFS and post-COVID ME/CFS.

Disciplines Reached

Behavioral Health	Cardiology	Dermatology
Emergency Medicine	Endocrinology	Epidemiology
Family Medicine	Gastroenterology	Genetics
Gerontology	Infectious Disease	Internal Medicine
Microbiology	Naturopathic Medicine	Neurology
Neuropsychiatry	Obstetrics/Gynecology	Occupational Therapy
Pain Medicine	Pediatrics	Pharmacology
Physical/Physiotherapy	Public Health	Psychiatry
Pulmonology	Rheumatology	Speech Therapy
Urology	Virology	