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.