

Overview

Occupational Performance and Chronic Fatigue Syndrome

The importance of using personal skills to achieve meaningful task-oriented goals has been a main focus of occupational therapy programmes for over a century.

The St. Bartholomew's CFS/ME service has experience in facilitating progress with CFS/ME patients wanting to change or improve task performance in a variety of settings.

Sometimes patients are already at work, but feel that they are in need of help to sustain work levels.

Alternatively, people may be seeking to return to work, but need to do so in an incremental fashion.

At other times, people with CFS/ME may wish to change career directions, or develop new skills.

Whatever the reasons, we are happy to help.

“Joy’s soul lies in the doing”

- William Shakespeare

East London



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“Steps to Success”

Chronic Fatigue Syndrome and Occupational Performance



To refer to the specialist CFS/ME Service at St Bartholomew's Hospital, please contact:

Mrs. Patricia Baker

CFS Clinic Administrator: 0207 601 8108

William Harvey House,

St Bartholomew's Hospital,

London, EC1A 7BE

For specific information about the programme, please contact Sally Wagner in the OT Department in the Rehabilitation Unit on 020 7601 8240.



Q. Who can attend?

A. All people referred by their GPs and accepted to the service by the specialist consultants within the St Bartholomew's Hospital CFS/ME Service.

This includes people with CFS/ME wanting to improve practical task performance skills for:

- Full-time work
- Part-time work
- Voluntary work
- Not working presently

Q. Are there different levels of programme to meet people with different levels of illness severity?

A. Yes, currently two different types of group have been set up.

1) "Making Work Possible"

2) "Stepping Out"

The following descriptions can help identify which group may be best to meet your needs.

Q. What if attendance at a group is not possible?

A. All CFS/ME people can be referred to treatment on a 1:1 basis.

1) "Making Work Possible"

This group runs once a week for 6 weeks.

This group is for people who are able to cope with a faster paced programme.

Sessions last for 2 hours and are comprised of 2 sections with 20 minute break.

Q. What can people with CFS/ME achieve in this programme?

A. The aims of the programme are:

- ✚ Identify specific CFS/ME related problems and how they affect work routines.
- ✚ Practice strategies to improve work performance.
- ✚ Analysis of interplay between work situations and personal CFS/ME related challenges.
- ✚ Problem-solve solutions to CFS/ME related task performance challenges
- ✚ Acquisition of competence and confidence in task performance.

2) "Stepping Out"

This group runs once a week for 10 weeks.

This group is for people who are not able to cope with a weekly programme

The sessions will be broken up into 2 sections each lasting for about 25 minutes.

Q. What can people with CFS/ME achieve in this programme?

A. The aims of the programme are:

- ✚ Identify non-chore related tasks that can bring enjoyment when completed.
- ✚ Practice completing tasks in a way that they can be repeated on a regular basis.
- ✚ Enjoy the company of others with CFS/ME when doing something different.
- ✚ Create success with new tasks so that a renewed sense of competence and confidence emerges.
- ✚ Improve ability to enable CFS/ME people to progress to other therapies and/or the "Making Work Possible" group.

Both groups meet in the Rehabilitation Unit gym at St Bartholomew's Hospital.