Workwell and MedBridge have partnered to provide accredited online ME/CFS courses for rehabilitation professionals including physical, occupational and speech therapists, as well as nurses and other health care providers.

This two-part course provides attendees with the latest information on the recognition, etiology and analeptic management of patients with ME/CFS from a panel of established researchers and clinicians.

ME/CFS Part 1
Introduction and Identification

What’s in a name and why does it matter?
This section of the course describes the epidemiological background of case definition criteria, explores the contemporary case definition criteria for ME/CFS, and discusses the usefulness of the case definition criteria in identifying cases.

Objective evidence of post-exertional malaise and exercise impairment in ME/CFS.
Another course objective is to acquaint practitioners with the 2-day maximal cardiopulmonary exercise testing (CPET) paradigm and to describe the scientific research 2-day CPET has generated on the physiological basis of post-exertional malaise (PEM).

ME/CFS Part 2
Etiology and Analteptic Management

Etiological clues from CPET.
This portion of the course introduces practitioners to inferences that can be made about the pathoetiology of disablement in ME/CFS based on CPET data.

Analteptic strategies for ME/CFS.
CPET findings of aerobic dysfunction suggest that clinical management should emphasize energy conservation self-management strategies and restorative anaerobic activities. In this final segment, the course covers analeptic management for people with ME/CFS.

https://www.medbridgeeducation.com/me-cfs-part1
https://www.medbridgeeducation.com/me-cfs-part2

Use promo code WORKWELL when purchasing courses for a discounted annual MedBridge subscription of $225 (regularly $375)