



# Rehabilitation Programme for treatment of **Chronic Fatigue Syndrome**



In association with Irish Life

Chronic Fatigue Syndrome (CFS) is a condition involving a variety of symptoms which include: fatigue, malaise, headaches, sleep disturbance, difficulties with concentration and muscle pain.

This programme is designed to assist people who suffer with CFS by using the best practice based guidelines for treatment of the condition. The programme is tailored to your individual need. It is designed to help improve your quality of life and assist in your transition back to the workplace.

## How does the programme work?

This is a 12 week programme with a multidisciplinary approach, it consists of a number of steps involving a variety of treatment approaches.

The initial assessment is carried out by an Occupational Health Physician who will explain the steps of the programme, addressing any concerns you may have and provide ongoing support to you.

## Then the programme will cover the following sessions:

- > 6 sessions of Cognitive Behavioural Therapy (CBT) are a central part of the programme.
- > 2 sessions with a nutritionist.
- > Attendances with a physiotherapist.

## Ongoing Reviews and Support

- > The Occupational Health Physician will review your progress at the mid-way point of the programme and again at the end of the programme.
- > An Occupational Health Advisor will phone you throughout the programme for support, usually there are 12 calls in total.

The programme is individually tailored to your specific needs in consultation with you.

## How is this programme paid for?

The cost of the programme is fully paid for by Irish Life.

## Why are Irish Life providing this service?

This programme is provided to try and assist you to improve your quality of life, and assist in your transition back to the workplace.

## Where does the programme take place?

The programme is run from four different locations in the country – Dublin, Cork, Galway and Limerick.

## How does the programme begin?

If you wish to participate in the Rehabilitation programme for treatment of Chronic Fatigue Syndrome, Irish Life will ask you to complete a consent form first.

This authorises Medmark Occupational Healthcare to contact you and arrange an initial assessment.

Our Rehabilitation Specialist will be available to discuss any aspect of the programme with you further.

## Confidentiality

Medmark Occupational Healthcare will only disclose information about you to Irish Life's Chief Medical Officer.

Reports from the programme will be used by the Income Protection Claims team in the management of your claim.

## We are here to help

For more information on this programme, please contact:



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Information correct as at November 2021.

## Contact us

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In the interest of customer service we will monitor calls.

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