

The Basics of ME/CFS

Description

Join Emerge Australia's Nurse Educator Kate Herbert as we dive into the basics of ME/CFS, including outdated and current understanding of ME/CFS, the importance of post-exertional malaise (PEM) in diagnosis, and management techniques such as pacing that you can use to manage life with ME/CFS. This session is designed for those living with ME/CFS who want to revisit the basics of the disease and the foundational principles of management. It is suited to those who are newly diagnosed or those who have lived with ME/CFS for some time but would like to refresh their knowledge.

Information covered in this webinar is general in nature. You should engage with a health professional to discuss your individual circumstances.<http://vimeo.com/706806012?share=copy>

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