



Primary Care Toolkit

Tools for Management of ME/CFS & FM Patients

[Assessment Tool: Diagnosis, Management, and Plan](#)

[Recommended Initial Patient Work-up](#)

[Patient Copy of Plan](#)

[PATIENT HANDOUT 1 - CSS one-page summary](#)

[PATIENT HANDOUT 2 - BC Women's Website](#)

[PATIENT HANDOUT 3 - Pacing & Self-Management of CFS & FM](#)

[PATIENT HANDOUT 4 - Anti-inflammatory diet](#)

[PATIENT HANDOUT 5 - Sleep hygiene instructions](#)

[Medication and Treatment Handouts](#)

[Slides from presentation/workshop](#)