

Complex Chronic Diseases Program: Mission & Mandate

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Mission

The **BC Women's Hospital Complex Chronic Diseases Program** is a provincial referral centre that aims to provide comprehensive and evidence-based care to adults with complex chronic diseases, including Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS), Fibromyalgia and Alternatively Diagnosed Chronic Lyme Syndrome. The Program participates in clinical care, education/knowledge transfer and quality improvement/research.

Mandate

Clinical care

Our goal is to provide compassionate, innovative and integrated, evidence-based care that promotes healing and improves the quality of life for our patients using an interdisciplinary approach. This includes:

- Assessment and investigations to make or confirm a diagnosis.
- Development of a treatment plan to address cause(s) and/or symptoms.
- Education of patients and families about the disease(s), causes, potential treatments and ways to enhance coping mechanisms.
- Empowerment of patients to make informed treatment and lifestyle decisions.
- Supported self-management and, where appropriate, connections with community resources.
- Working in partnership with primary care providers while patients participate in our program and to ensure a smooth transition for patients after discharge from our program.

While the primary focus of our program is on ME/CFS, Fibromyalgia and Alternatively Diagnosed Chronic Lyme Syndrome, we may also assist with the management of co-existing illnesses such as depression, anxiety, chronic migraine, irritable bowel syndrome, chronic pain and interstitial cystitis.

Education/Knowledge Transfer

The Complex Chronic Diseases Program will provide education and training to physicians, other health care providers and student learners locally and provincially on chronic disease management and, more specifically the management of ME/CFS, Fibromyalgia and Alternatively Diagnosed Chronic Lyme Syndrome. Through partnerships with health care organizations, providers and community groups, we will raise the community standard of assessment and care for people living with these diseases.

Quality Improvement/Research

Our Program is committed to improving the quality of life and health outcomes of patients living with ME/CFS, Fibromyalgia and Alternatively Diagnosed Chronic Lyme Syndrome. In an effort to achieve this goal, we support continuous quality improvement and clinical studies that seek to:

- Increase our understanding of these illnesses and their complications.
- Evaluate newer innovative tests and treatments for these illnesses.
- Improve the quality of the care and services we provide to patients.