

Change Notification for the UK Blood Transfusion Services

Date of Issue: 04 July 2023

Implementation: to be determined by each Service

No. 29 – 2023

Chronic Fatigue Syndrome

Revised entry

Changes are indicated using the key below. This formatting will not appear in the final entry.

original text

«inserted text»

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The following changes apply to:

BM-DSG Bone Marrow & Peripheral Blood Stem Cell	CB-DSG Cord Blood	GDRI Geographical Disease Risk Index	TD-DSG Tissue – Deceased Donors	TL-DSG Tissue – Live Donors	WB-DSG Whole Blood & Components
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<i>Also Known As</i>	CFS, myalgic encephalomyelitis (ME), post-viral fatigue syndrome and Systemic Exertion Intolerance Disease (SEID).
<i>Obligatory</i>	Must not donate
<i>«Discretionary»</i>	If donor gives a history of fatigue following a viral infection, e.g. Glandular fever, with no relapse of symptoms and it is at least six months since all symptoms resolved, accept.»
<i>Additional Information</i>	<p>CFS is generally diagnosed by excluding other conditions and may follow an infection that may or may not have been viral and which may be carried by the affected individual.</p> <p>It is most common between the ages of 25 and 45 years and women are affected more often than men. It is associated with easily induced and prolonged episodes of fatigue often accompanied by other symptoms.</p> <p>The condition is relapsing by nature and donation may make symptoms worse, or provoke a relapse in an affected individual.</p> <p>«Post viral fatigue can occur after an acute viral infection. Symptoms of fatigue can last weeks or months and may follow a relapsing course. It is important that individuals have fully recovered before being accepted to donate.»</p>
<i>Reason for Change</i>	<p>«A discretion to accept donors who have fully recovered from fatigue associated with an acute viral infection has been added.»</p> <p>The proposed new name for this syndrome has been included.</p>



Dr Stephen Thomas

Professional Director – JPAC

jpac@nhsbt.nhs.uk