

25 January 2017

Wellington House
133-155 Waterloo Road
London SE1 8UG

T: 020 3747 0000
E: nhsi.enquiries@nhs.net
W: improvement.nhs.uk

By email

Dear [REDACTED]

Request under the Freedom of Information Act 2000 (the "FOI Act")

I refer to your email of **23 December 2016** in which you requested information under the FOI Act from NHS Improvement. Since 1 April 2016, Monitor and the NHS Trust Development Authority have been operating as an integrated organisation known as NHS Improvement. For the purposes of this decision, NHS Improvement means Monitor and the TDA.

Your request

You made the following request:

"The NHS has clinics throughout England that focus on exercise for people with the neurological disease ME/CFS and the NICE Guidelines specify that heart rate monitoring should be carried out none the less, little data appears to have been published on the "busted energy system" and how to work around the metabolic and energy generation problems found in the thousands of people unable to work due to this disease.

I am aware that some isolated clinics in England, and many in Ireland, are implementing best practice management systems, in light of the research, coming out of the USA.

I am wondering how the NHS has adapted the heart rate management protocols and the work of the Workwell Foundation etc., for use at the NHS clinics, where patients and practitioners are reporting success.

i.e.

How the NHS implements:

- a) the two day CPET test to quantify the metabolic abnormalities seen in patients with ME/CFS- low anaerobic threshold and chronotropic incompetence.*
- b) The protocols used at the clinics that are having great success and enabling patients to improve their quality of life."*

Decision

NHS Improvement does not hold the information that you have requested. You may wish to contact NHS England to see if they hold any information relevant to your request.

Review rights

If you consider that your request for information has not been properly handled or if you are otherwise dissatisfied with the outcome of your request, you can try to resolve this informally with the person who dealt with your request. If you remain dissatisfied, you may seek an internal review within NHS Improvement of the issue or the decision. A senior member of NHS Improvement's staff, who has not previously been involved with your request, will undertake that review.

If you are dissatisfied with the outcome of any internal review, you may complain to the Information Commissioner for a decision on whether your request for information has been dealt with in accordance with the FOI Act.

A request for an internal review should be submitted in writing to FOI Request Reviews, NHS Improvement, Wellington House, 133-155 Waterloo Road, London SE1 8UG or by email to nhsi.foi@nhs.net.

Publication

Please note that this letter will shortly be published on our website. This is because information disclosed in accordance with the FOI Act is disclosed to the public at large. We will, of course, remove your personal information (e.g. your name and contact details) from the version of the letter published on our website to protect your personal information from general disclosure.

Yours sincerely,



Kirsty Benn- Harris
Head of Information Governance