

CDC Report for CFSAC

May 22, 2013

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Activities to Improve Health Services for CFS

- ❑ Educational initiatives**
- ❑ Validate CFS phenotypes and outcome measures**
- ❑ Collaborations and outreach**

Chronic Fatigue Syndrome

EDUCATIONAL INITIATIVES

Results of First MedScape Roundtable Spotlight CFS CME/CE

- ❑ **CFS: The Challenges in Primary Care – 30 minute video roundtable discussion**
 - Still available, but CME credit expired 3/23/2013
- ❑ **Final Statistics – 25,576 Learners**
 - Including 7,803 primary care physicians and 8,082 nurses/NP
 - **6,877 CME/CE issued**

From Medscape Education Family Medicine

Chronic Fatigue Syndrome: The Challenges in Primary Care CME/CE

Anthony L. Komaroff, MD; Charles W. Lapp, MD; Lucinda Bateman, MD Faculty and Disclosures
CME/CE Released: 03/09/2012; Valid for credit through 03/09/2013

Supported by a contract from the Centers for Disease Control and Prevention 

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Recognition and Management of CFS: CDC Resource for Health Care Professionals



Chronic Fatigue Syndrome: The Challenges in Primary Care

In This Presentation

- Introduction

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Moderator: Anthony Komaroff, MD

Panelists: Lucinda Bateman, MD and Charles Lapp, MD

New MedScape Roundtable CME/CE course

□ A Case-based Approach to CFS

- Targeting primary care physicians using MedScape subscribers
- Pre- and post-course questions gather data about knowledge and practices
- Required CME questions focus on key learning objectives
- Cases include pediatric CFS
- Link will be available on CDC CFS webpage

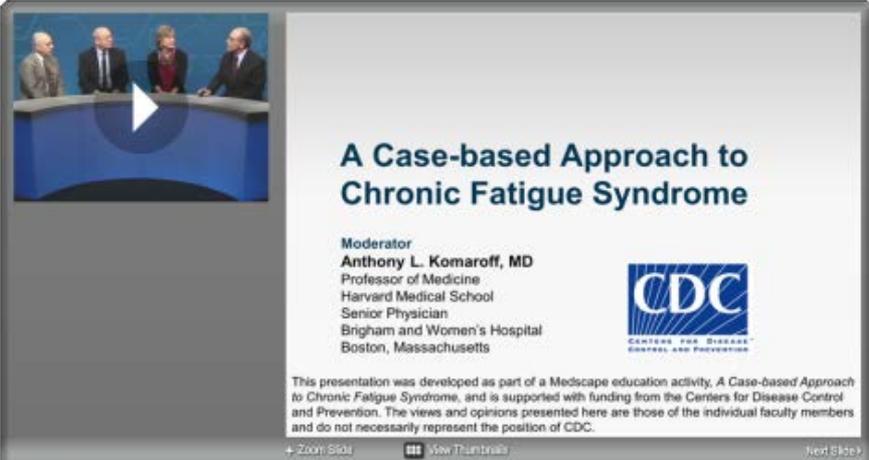
From Medscape Education Family Medicine

A Case-Based Approach to Chronic Fatigue Syndrome CME

Lisa W. Corbin, MD; Anthony L. Komaroff, MD; Benjamin H. Natelson, MD; Peter C. Rowe, MD Faculty and Disclosures
CME Released: 04/19/2013; Valid for credit through 04/19/2014

Supported by a contract from the Centers for Disease Control and Prevention

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A Case-based Approach to Chronic Fatigue Syndrome

Moderator
Anthony L. Komaroff, MD
Professor of Medicine
Harvard Medical School
Senior Physician
Brigham and Women's Hospital
Boston, Massachusetts

Panelists: Lisa W. Corbin, MD, Benjamin H. Natelson, MD, and Peter C. Rowe, MD

This presentation was developed as part of a Medscape education activity, A Case-based Approach to Chronic Fatigue Syndrome, and is supported with funding from the Centers for Disease Control and Prevention. The views and opinions presented here are those of the individual faculty members and do not necessarily represent the position of CDC.

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Launched May 4, 2013

- 3,528 learners
- 729 CME/CE issued

Moderator: Anthony Komaroff, MD
Panelists: Lisa W. Corbin, MD,
Benjamin H. Natelson, MD and
Peter C. Rowe, MD

Additional Educational Initiatives

- ❑ **Medscape CDC Expert Commentary – “Back to School and Chronic Fatigue Syndrome”**
 - Posted December 2012, link to commentary on CFS web page
- ❑ **Spanish translation of main CFS web page**
 - Posted February 2013
- ❑ **Pediatric/Adolescent CFS section for CFS web page**
 - Includes fact sheets for health care professionals, parents and teachers
 - Currently in CDC clearance
- ❑ **Medical Student Educational Initiative**
 - Planned for MedEd Portal – Program of Association of American Medical Colleges – online videos, slides and curriculum available to medical students and teachers
 - First CFS module tested by selected medical students
 - Ready for CDC clearance and MedEd Portal Peer Review

Multi-site Clinical Assessment of Chronic Fatigue Syndrome

**VALIDATE PHENOTYPES AND
OUTCOME MEASURES**

Study Objectives and Design

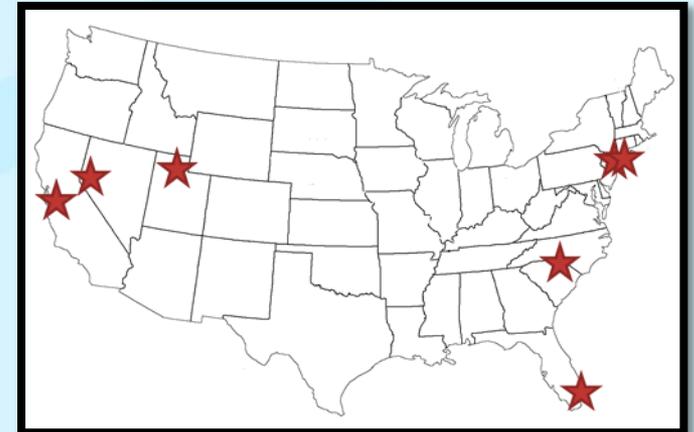
- ❑ **Capitalize on clinical expertise of physicians experienced in care and treatment of CFS patients**
- ❑ **Collect standardized data on major illness domains of CFS from patients in these practices**
 - Describe heterogeneity of CFS patients between practices
 - Evidence-based data to address case definition and CFS-subgroups
- ❑ **Enrollment criteria: Any patient (18-70 years old) diagnosed with CFS in participating clinics**
 - Exclusions: HIV +, age at diagnosis older than 62 years

Participating Clinics

- ❑ **Beth Israel Medical Center, New York City NY**
 - Benjamin Natelson, MD
- ❑ **Center for Neuro-Immune Disorders, Miami FL**
 - Nancy Klimas, MD

Open Medicine Institute Consortium

- ❑ **Fatigue Consultation Clinic, Salt Lake City UT**
 - Lucinda Bateman, MD
- ❑ **Hunter-Hopkins Center, Charlotte NC**
 - Charles Lapp, MD
- ❑ **Open Medicine Clinic, Mountain View CA**
 - Andreas Kogelnik, MD
- ❑ **Richard Podell Medical, Summit NJ**
 - Richard Podell, MD
- ❑ **Sierra Internal Medicine, Incline Village NV**
 - Daniel Peterson, MD



Protocol

- ❑ **Developed by participating clinics and CDC**
 - Fit into clinic routine as much as possible
 - Minimize burden to patients
- ❑ **IRB approved**
- ❑ **Phase 1 – Cross-sectional data**
 - Physical examination at time of clinic visit (or within one year)
 - Questionnaires for self-reported measures of illness
 - Patient completed
 - Data abstraction of medical records by clinic personnel

Status

- ❑ **Results of interim analysis presented at FDA Drug Development Workshop**
 - Interim analysis indicates heterogeneity of CFS population as a whole as well as between clinic
 - Phenotypic measures appear limited in their ability to identify subgroups
 - Final dataset will allow comparison of instruments measuring domains of CFS illness
 - Follow-up important to correlate measures with course of illness
- ❑ **Currently target enrollment has been reached, with 95% completion**

Stage 2 of Multi-site CFS Study

- ❑ **Follow-up of CFS patients enrolled in Stage 1 (all clinics)**
 - Saliva for morning cortisol profile
 - Blood for DNA and RNA
- ❑ **Additional studies at some clinics**
 - Enroll healthy controls and ill comparison group
 - Enroll pediatric/adolescent CFS patients and controls
 - Cognition and exercise testing
- ❑ **IRB approval for follow-up protocol and collection of biologics received May 2013**
 - Protocols for pediatric, cognition and exercise in development

Advance recognition and treatment of CFS

COLLABORATIONS AND OUTREACH

Advocacy Group Collaborations

- **CFS Patient Centered Outreach and Communication Activity (PCOCA Call)**
 - One hour conference call format
 - 15 min. update from CFS program, 20 min. talk from invited expert,
 - 25 min. answers to questions from PCOCA mailbox
 - Second call January 14, 2013
 - Nancy Klimas, MD and Connie Sol, PhDc – Invited experts – “Redefining Exercise in CFS through Reconstruction of Aerobic Capacity”
 - Increased call lines to 150 lines (at least 147 used)
 - Summary of call posted on CDC CFS web page
- **Consultation about content for Pediatric/Adolescent CFS section in development for CFS web page**