

Patient experiences



Patient A from Cornwall

When I came to the NICPM, I had been ill for 18 months with a diagnosis of CFS/ME and had been bedridden for ten months. I was in such a state of constant anxiety that I couldn't be left alone in the house, and was experiencing a buzzing sensation all over my body, as well as an excruciating burning down my spine.

I was unable to wash myself, change my clothes, sit up or feed myself, and I was toileting in bed. I had severe muscle wastage due to my inactivity. Nor could I bear any sensory stimuli – I was living in a dark room, with those around me whispering in order to communicate.

On my admission, a period of assessment began, during which time staff were careful to mirror my home environment. I then began a programme of gradual paced activities. I was asked at a very early stage about my goals, and was consulted when my plan was upgraded on a weekly basis. Each time the occupational therapist and physiotherapist were careful to match the pace to what I was capable of, and the multi-disciplinary approach ensured a programme of activity which catered to every area of my recovery.

Staff were constantly kept up to date on my progress and were consistent, patient and positive, and available to talk 24 hours a day.

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“ I have far surpassed what I thought it was possible to achieve... ”

Nine months later, I am now able to walk unaided, undertake routine tasks like washing, shopping, cooking and socialising, and I'm currently looking into opportunities to facilitate the transition back into work.

My team also helped in the process of finding suitable accommodation upon discharge, and even worked with my family and arranged counselling.

I have far surpassed what I thought it was possible to achieve and in terms of recovery am now looking forward to a "normal" future.