

ENCOURAGE-ME

Engaging Coaching Outreach for Resilience in the Age of Chronic Fatigue: Education, Management and Empowerment for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS)

ABSTRACT

The prevalence of chronic fatigue-related disorders has grown significantly in recent years, creating a pressing need for innovative care approaches that address the complexity of these conditions. The ENCOURAGE-ME project focuses on developing a comprehensive care model for myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) patients that can be adapted to other fatigue-related disorders.

The project introduces the Digitally-assisted Health Coaching Pathway (DHCP), an innovative and adaptable model that bridges fragmented services and promotes integrated care. Coaching is the cornerstone of the model and is employed in multiple forms:

1. Personalised coaching, focusing primarily on:
 - Health coaching to help patients develop self-management skills, improve symptom management, and enhance overall well-being.
 - Occupational coaching to support patients in maintaining or re-entering employment, adapting work environments, or exploring alternative career options tailored to their abilities and limitations.
2. Team coaching for professionals and patient groups to foster a community-based approach.
3. Additionally, coaching will assist patients in navigating health and social care services, ensuring they can access appropriate resources and coordinated support.

A significant component of the project is using digital and AI-based tools for remote patient engagement, disease management, health monitoring, and self-management skill development. These tools will enable closer-to-home care, enhance condition monitoring, and provide timely feedback to support interventions and improve outcomes.

The model will be developed through extensive stakeholder engagement and will adhere to ecosystem-building principles, ensuring a sustainable and collaborative approach. Its universal and adaptable design allows for implementation in countries beyond the project consortium.

KEYWORDS

- Chronic fatigue
- Care model
- Coaching
- Education
- Digital solutions
- Self-management
- Integrative approach

DURATION

36 months

PARTNERS

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