

## APPENDIX E

### Sample Physician's Letter

This letter is an example and it needs to be adapted so that it is applicable to the student's country and is very specific for the student's particular symptoms.

Dear Special Education Administrator:

Or Special educational needs co-ordinating officer:

Or School Principal:

Jane XXXX is under my care for myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). This illness has caused Jane to experience severe fatigue and a lack of physical and mental stamina. Jane's body is unable to produce sufficient energy for the normal range of activities for her age and her energy reserves are substantially reduced. If Jane exceeds her diminished energy reserves, it can take her several days, weeks, or even months to recover.

The illness has caused Jane to have cognitive problems, muscle pains, poor sleep and increased sensitivity to light, to noise and to a cold environment. Jane also tends to feel faint if she has to stand up for any length of time. Jane's cognitive problems can cause her to have difficulty concentrating, understanding complex concepts, remembering words, working with numbers, a poor

working memory and increased distractibility. Classroom noise can worsen these difficulties. It is important to note that intelligence is not compromised by this illness and provided that Jane has appropriate accommodations, she can be expected to attain educational success.

The occurrence and severity of Jane's symptoms are quite unpredictable and vary from day-to-day. The illness may result in Jane missing a significant numbers of days during the school year, or she might need to arrive late or leave early from school. Jane will only be able to manage a reduced subject load. It will therefore be necessary for the school to be accommodating and flexible in response to Jane's likely absences and reduced curriculum.

Currently, Jane is not well enough to engage in any sports. Please excuse her from physical education activities until I am able to confirm if and when her health has improved enough that these activities will not make her illness worse.

I support an application for educational services appropriate to Jane's needs. A list of my recommendations for accommodations and modifications for Jane is attached. Please let me know if I can be of further assistance.

Sincerely,

XXXXXXXXXXXXXX, MD