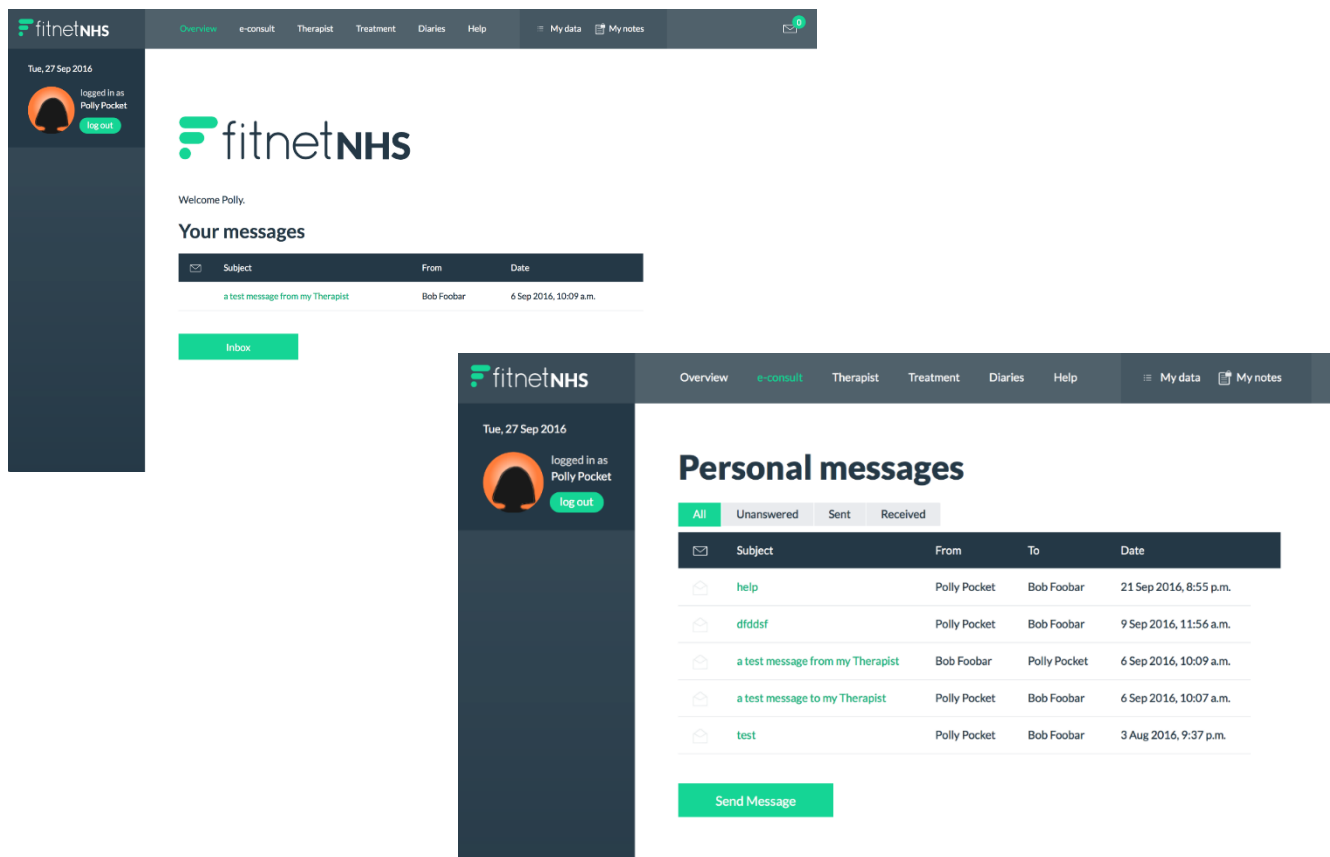
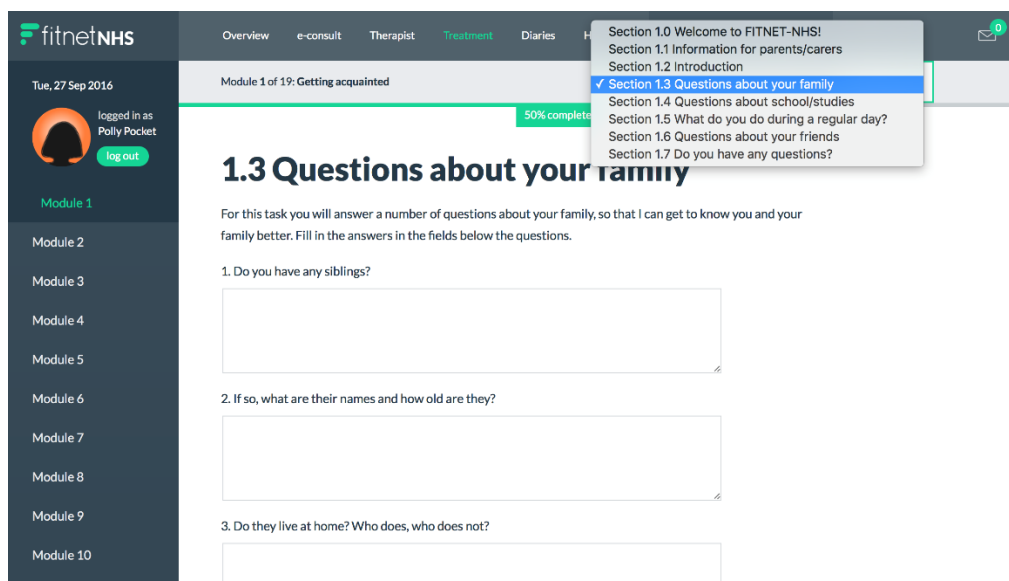


# Project Document F: FITNET-NHS platform screenshots

## Messages page for personalised e-consultations



## Questions to answer within the platform



## Diaries to complete within the platform

fitnetNHS Overview e-consult Therapist Treatment Diaries Help My data My notes 0

Tue, 27 Sep 2016  
logged in as Polly Pocket  
log out

## Diaries

These diaries are to help you get better. As part of your treatment, your therapist may ask you to fill in particular diaries for short while.

**Sleep-wake**

To record when you are asleep, lying down to rest or being active.

**Goals**

To keep track of your overarching goals.

**Response to fatigue**

To record how you are feeling and what you think about it.

**Helpful thoughts**

To record all helpful thoughts.

**Activities**

To record what activities you have been doing.

**Missing School**

To record the amount of time you spend in school.

fitnetNHS Overview e-consult Therapist Treatment Diaries Help My data My notes 0

Tue, 27 Sep 2016  
logged in as Polly Pocket  
log out

Sleep Wake  
Goals  
Response To Fatigue  
Helpful Thoughts  
Activities  
Missing School

## Sleep-Wake Cycle

Below you can view your sleep-wake cycle over the past week. You can also make changes for the previous two days.

Date	Asleep	Awake	Lying down
27 Sep 2016	6:00 am - 12:00 pm (6 hours)	12:00 pm - 6:00 pm	6:00 pm - 12:00 am
26 Sep 2016	12:00 am - 6:00 am	6:00 am - 12:00 pm	12:00 pm - 6:00 pm
25 Sep 2016	12:00 am - 6:00 am	6:00 am - 12:00 pm	12:00 pm - 6:00 pm
24 Sep 2016	12:00 am - 6:00 am	6:00 am - 12:00 pm	12:00 pm - 6:00 pm
23 Sep 2016	12:00 am - 6:00 am	6:00 am - 12:00 pm	12:00 pm - 6:00 pm
22 Sep 2016	12:00 am - 6:00 am	6:00 am - 12:00 pm	12:00 pm - 6:00 pm
21 Sep 2016	12:00 am - 6:00 am	6:00 am - 12:00 pm	12:00 pm - 6:00 pm

Breakdown in minutes

Date	Asleep	Awake	Lying down
27 Sep 2016	360	360	360
26 Sep 2016	360	360	360
25 Sep 2016	360	360	360
24 Sep 2016	360	360	360
23 Sep 2016	360	360	360
22 Sep 2016	360	360	360
21 Sep 2016	360	360	360

fitnetNHS

Overview e-consult Therapist Treatment Diaries Help My data My notes

Tue, 27 Sep 2016

logged in as Polly Pocket log out

Sleep Wake

Goals

Response To Fatigue

Helpful Thoughts

Activities

Missing School

## Sleep-Wake Cycle -> Edit Entry

Please enter details about your sleep-wake cycle below.

Active
  Asleep
  Lying Down

am

12 - 5

12:00 - 12:30	12:30 - 1:00	1:00 - 1:30	1:30 - 2:00	2:00 - 2:30	2:30 - 3:00
3:00 - 3:30	3:30 - 4:00	4:00 - 4:30	4:30 - 5:00	5:00 - 5:30	5:30 - 6:00

Select all Clear

6 - 11

### Example content pages

fitnetNHS Fred Bloggs log out

Chapter 1 of 19: Getting a... Section 1.0 Welcome to I

12% complete

## 1.0 Welcome to FITNET-NHS!

### Introduction

Welcome to FITNET-NHS, a treatment programme for adolescents with Chronic Fatigue Syndrome or Myalgic Encephalomyelitis (CFS/ME). Over the next few weeks, you will start this treatment, which, step by step, will help you work towards recovery. Using this portal, you will keep a diary, answer questions and perform tasks. You will have to do a lot of this yourself, but I will be happy to help you. Go to [My therapist](#) in [Help](#) if you want to know more about me.

### Structure of the treatment

The treatment is made up of chapters. These chapters have sections with information and exercises to do. The first part of

fitnetNHS Fred Bloggs log out

Chapter 4 of 19: Your goals Section 4.1 What are you

25% complete

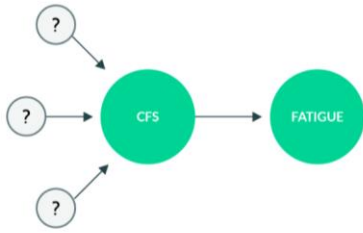
## 4.1 What are you working towards?

The aim of this treatment is to get better. What getting better means, however, differs from person to person. In Chapter 4 you will determine what your goals are for this treatment. What are you trying to achieve?

You are not expected to write down what you want to be when you are older, or what you want to study. Try to write down the concrete things you want to be capable of doing when you recover, as clearly as possible. What do you think are normal activities for someone your age?

WHAT, FOR YOU, ARE THE MOST IMPORTANT THINGS YOU WILL BE ABLE TO DO WHEN YOU ARE HEALTHY AGAIN?

## The starting point of CFS/ME is not always this clear



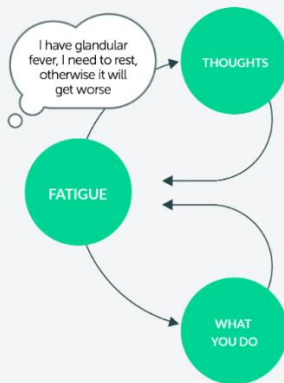
Your doctor has confirmed that you have CFS/ME.

You have been to the doctor because you have been tired for a long while. The doctor has investigated you thoroughly, to check that you do not have another reason for being tired. You have had lots of tests and you do not have anaemia, blood disease, cancer, liver- or kidney disease or intestinal disease. Nothing suggests that you have anything abnormal. Your symptoms also fit with CFS/ME.

It appears that the symptoms associated with CFS/ME often start with a kind of flu, a viral infection. However, the starting point of CFS/ME is not always this clear. Sometimes your

### AN EXAMPLE – BEN:

Ben thinks: 'I am certain I have glandular fever. They can't find anything in my blood, but it has to be something like that. The best thing is to rest as much as possible. I will rest and do as little as possible. Otherwise it will only get worse.'



### QUESTION:

What do you think:

1. Will Ben's thoughts help him to get better?



