

New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association
Medical Education Award Program
Spring, 2019

Dear Applicant:

Thank-you for your interest in the Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Medical Scholar Program offered by the New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association (NJME/CFSA).

The purpose of our Medical Scholar Program is to encourage medical students and medical residents to learn about Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) by writing an essay about the illness. ME/ CFS is also known as Chronic Fatigue Immune Dysfunction Syndrome (CFIDS), Chronic Fatigue Syndrome (CFS), ME meaning either Myalgic Encephalomyelitis or Myalgic Encephalopathy, and ME/CFS. In March of 2015, the Institute of Medicine proposed the illness be renamed and known as Systemic Exertion Intolerance Disease (SEID), but the U.S. government has not adopted this name to date.

The NJME/CFSA Medical Scholar Program is **not** a financial need program. It is open to all residents of NJ receiving medical training as a medical student or medical resident, and **all** medical students and **all** medical residents who will be returning to **any** of New Jersey's physician-training programs in the fall of 2019. Previous recipients of this award are ineligible for the award, but previous applicants, who have not received the award, are eligible to reapply.

This year, the recipient of the award shall receive \$5,000. If the recipient is a medical student, that student will receive a \$5,000 tuition reimbursement that will be applied toward the tuition of the 2019/2020 academic year. If the recipient is a medical resident, a direct payment will be made to the medical resident with the understanding that the funds will be used to defray medical school expenses.

Completed applications must be postmarked or electronically submitted no later than the January 31, 2020. All Hackensack Meridian School of Medicine applications should be sent to Ms. Jeannine Hodkey, Coordinator, New Jersey Health Foundation, Inc., 155 Village Blvd., Suite 130, Princeton, NJ , 08540. Phone: 908-731-65962; Fax: 732-247-0017; jhodkey@njhf.org.

We hope that the process of writing the essay for this award will contribute to your becoming a physician who is better able to assist and provide compassionate care for patients suffering from ME/CFS and similar, complex, chronic illnesses, particularly those with no known cures.

In the event that the Judging Committee deems no submitted essay satisfies the rigorous standards of scholarship needed to receive the award, NJME/CFSA reserves the right not to make the award this year.

NJME/CFSA, Inc. is a registered 501(c)(3), not-for-profit, charitable organization dedicated to supporting ME/ CFS patients and their families, and promoting education and research into the causes and cure of ME/CFS.

If you have questions about ME/CFS, the New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association, or are in need of assistance in obtaining source material for your essay, please

contact Dr. Kenneth J. Friedman, Chair of NJME/CFSA's Medical Education Award Committee by mail (NJME/CFSA, P.O. Box 477, Florham Park, NJ 07932), by telephone (973-379-1048), or by email (kenneth.j.friedman@gmail.com).

Sincerely,
Kenneth J. Friedman, Ph.D.
Chair, Medical Scholar Committee
New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association, Inc.

New Jersey Chronic Fatigue Syndrome Association
Medical Education Award Program
Application/Applicant Requirements

Please read the application/applicant requirements below. Applicants must:

1. Be a NJ State resident currently enrolled as a medical student or medical resident anywhere, or a medical student or a medical resident at an medical training facility in New Jersey.
2. Complete the application in every detail. An incomplete application may automatically disqualify the applicant.
3. Research and write an essay on the stated topic concerning ME/CFS. The essay must be submitted on or before January 31, 2020.
4. Agree that the submitted essay becomes the property of the NJME/CFSA, and that the essay may be used by NJME/CFSA for advertisement purposes, and/or published in any of the Association's publications.
5. Provide a one-page, Biographical/Personal Statement as part of the application. Include any information that you would like the Award Committee to consider when reviewing your application.
6. Provide the name and address of your local newspaper.
7. Attach an official transcript from the registrar's office of your medical school or arrange to have a transcript sent. Applicants attending Hackensack Meridian School of Medicine should have transcripts sent to: Ms. Jeannine Hodkey, Coordinator, New Jersey Health Foundation, Inc., 155 Village Blvd., Suite 130, Princeton, NJ , 08540 Phone: 908-731-65962; Fax: 732-247-0017; jhodkey@njhf.org.

**The New Jersey Chronic Fatigue Syndrome Association Medical Education
Award Program
APPLICATION FORM**

PART A: APPLICANT INFORMATION

To be completed by applicant (please type).

Name: _____ Sex: M _____ F _____

Name of NJ Medical School or Residency Program:

Medical School Class of (List Medical School if applicant is a Resident): _____

Medical School Academic Standing (if applicant is a medical student): _____

Date of Birth: _____ Place of Birth: _____

U. S. Citizen: Y _____ N _____ Marital Status: Single _____ Married _____

Permanent Legal Address: _____
Number Street
_____ City State Zip Code

Mailing Address: _____
(Leave blank if same as permanent address)

Email Address: _____

Home Phone: _____
Area Code and Number

Cell Phone: _____
Area Code and Number

Local Newspaper Name: _____

Local Newspaper Address: _____
Number Street
_____ City, State, Zip Code

PART B: APPLICANT'S ACADEMIC ACHIEVEMENTS (please list and include awards/honors):

PART C: APPLICANT'S COMMUNITY INVOLVEMENT (please list volunteer activities or other forms of community service performed beyond high school)

PART D: APPLICANT'S WORK EXPERIENCE (please list work experiences performed beyond high school) (Please list work experiences performed beyond high school. Dates of employment, employer, position held.)

Part E: APPLICANT'S BIOGRAPHICAL/PERSONAL STATEMENT (Attach optional photo here.)

Write a brief biography emphasizing why you decided to pursue a career in medicine and what are your career goals and aspirations. (You may attach a separate sheet).

Signature of Applicant and Date

Part F: Essay

Write an essay of approximately 4,500 words on the following topic:

It is currently estimated that myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) affects up to 2.5 million American adults and children. Yet, discussion or mention of this disease is not included in the curriculum of most medical schools. Write a lecture to introduce medical students to the important features of the disease and illustrate your presentation with up to 40 Powerpoint slides. Include references. In what course of your medical school curriculum would you insert your lecture? Justify your choice of placement.

- Your essay must not exceed 15 double-spaced pages of 12-point type with 1-inch margins.
- All facts and opinions in your essay must be supported by references that you cite.
- References should be cited within the text of the essay using standard, medical journal format.
- No more than 40 references should be cited.
- A bibliography containing all references cited in the essay should be included at the end of the essay.
- The bibliography should be formatted using standard, medical journal format.
- The document needs to be scholarly and well-referenced. Cite monographs and scholarly journal articles either in print or online. Citing web sites as references is *not* acceptable.
- The essay must not have been offered or submitted elsewhere.
- Essays not conforming to these standards will not be considered.
- A committee will be formed by NJME/CFSA to review the submitted essays and select the winner. Judging will be on the basis of scholarship, and the demonstration of understanding the difficulties involved in diagnosing and providing compassionate and effective care to ME/CFS patients. If, in the opinion of the judges, no essay meets the rigorous standards as set forth herein, NJME/CFSA reserves the right not to make an award this year.

Myalgic encephalomyelitis (chronic fatigue syndrome) is a complex disease of unknown etiology that is estimated to affect up to 2.5 million Americans and approximately 70,000 people in New Jersey. The severity varies from those who are mildly or moderately restricted in their activities to those who are severely affected and are, thereby, housebound or bedbound. How would you diagnose ME/CFS and manage symptoms of the disease in patients who are able make office visits?

It is estimated that up to 25 percent of the ME/CFS patient population may be severely affected at some time during their illness. When the severely affected need to leave home for medical care, they risk a severe relapse of symptoms.

What resources are available within your medical school and your community to provide the diagnosis and treatment of patients who are severely affected with ME/CFS and are too ill to travel to

medical appointments? Is there a place for currently available telemedicine procedures that could be helpful for ME/CFS diagnosis and symptom management (remembering that a ME/CFS diagnosis cannot be done remotely, and requires a physical exam and clinical laboratory tests)?

Suggested, initial study materials:

1. The Institute of Medicine Report: <http://www.nationalacademies.org/hmd/Reports/2015/ME-CFS/MECFs.aspx>
2. Chronic Fatigue Syndrome/Myalgic Encephalomyelitis Primer For Clinical Practitioners: https://iacfsme.org/portals/0/pdf/Primer_Post_2014_conference.pdf
3. Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Diagnosis and Management in Young People: A Primer <https://www.frontiersin.org/articles/10.3389/fped.2017.00121/full>

To assist in learning about ME/CFS, the NJME/CFSA Board of Trustees has compiled a list of information sources which may not appear in a traditional, medical, literature search but may aid in your understanding of ME/CFS:

1. **USAWG ME/CFS Fact Sheet:** (2018) <https://usawg.files.wordpress.com/2018/09/usawg-fact-sheet-final-9-17-18.pdf>
2. **CFSAC Recommendations for modifying the SEID definition:** Chronic Fatigue Syndrome Advisory Committee (2015). Recommendations to the Secretary of Health and Human Services. <https://www.hhs.gov/sites/default/files/advcomcfs/recommendations/2015-08-18-19-recommendations.pdf>.
3. **ICC:** Carruthers BM, et al. (2011). Myalgic encephalomyelitis: International Consensus Criteria. *Jour Intern Med* 270:327-338. <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2796.2011.02428.x/full>.
4. **CCC:** Carruthers BM, et al. (2003). Myalgic encephalomyelitis / chronic fatigue syndrome: Clinical working case definition, diagnostic and treatment protocols. *Jour Chronic Fatigue Syndrome* 11:1:7-115. http://www.tandfonline.com/doi/abs/10.1300/J092v11n01_02.
5. **P2P:** National Institutes of Health (2016). A Report from the Federal Partners Meeting of the National Institutes of Health Pathways to Prevention Workshop: Advancing the Research on Myalgic Encephalomyelitis / Chronic Fatigue Syndrome. <https://www.prevention.nih.gov/docs/programs/p2p/mecfs-federal-partners-report.pdf>.
6. **Voice of the Patient:** The Voice of the Patient: A Series of Reports from FDA's Patient-Focused Drug Development Initiative. (2013) <https://www.fda.gov/forindustry/userfees/prescriptiondruguserfee/ucm368342.htm>
7. Chu L (2013). **US ME/CFS Patient Survey – April to May 2013.** Presented at FDA Drug Development Workshop, April 25-26, 2013. <http://iacfsme.org/portals/0/pdf/FDAAugustFinalReportforUS-Version2.pdf>.

8. Dimmock ME, Mirin AA, Jason LA (2016). **Estimating the disease burden of ME/CFS in the United States and its relation to research funding.** J Med Therap 1. <http://www.oatext.com/pdf/JMT-1-102.pdf>.
9. Dimmock ME, Levine S, Wilder TL (2018). **Myalgic Encephalomyelitis / Chronic Fatigue Syndrome: What Every Family Physician Needs to Know.** Family Doctor 6:3:23-25. <http://www.nysafp.org/NYSAFP/media/PDFs/Family%20Doctor/Family-Physician-Winter2018WEB.pdf>.

Good internet sources of information about ME/CFS:

10. **Occupycfs.com** – a blog by a lawyer/patient, Jennifer Spotila
11. **CO-CURE:** CO-CURE@LISTSERV.NODAK.EDU – ME/CFS research and other news. You will need to sign up. Free.
12. **#MEACtion:** <https://www.meaction.net>
13. **Health Rising:** <https://healthrising.org>
14. **“Unrest”:** An extremely powerful movie about living with ME/CFS by Jennifer Brea. Had been short listed for an Oscar in 2017. Available through You Tube, Amazon Prime, Google Play, Vudu, Netflix. <https://www.unrest.film/>