CORE PRINCIPLES OF FIBROMYALGIA MANAGEMENT

AFTER CONFIRMING THE FIBROMYALGIA (FM) DIAGNOSIS:

EXPLAIN THE CONDITION
EDUCATE THE PATIENT ABOUT THE CONDITION
Provide information about FM diagnosis and treatment. Direct patient to credible FM information sources. Discuss treatment expectations and patient’s role.

SET TREATMENT GOALS
PRIORITIZE INDIVIDUAL treatment GOALS WITH PATIENTS
Identify 1-2 most important symptoms/functional areas (use assessment tools to aid prioritization and establish baseline status).

APPLY MULTIMODAL TREATMENT APPROACH
CONSIDER PHARMACOTHERAPY, AS APPROPRIATE
TREAT COMORBID CONDITIONS
INCORPORATE NONPHARMACOLOGIC THERAPIES

TRACK PROGRESS
EVALUATE ON FOLLOW-UP VISITS
- Progress of agreed-upon treatment goals
- Physical activity and other nonpharmacologic therapies
- Medication efficacy and side effects; adjust dosing appropriately
- Comorbidities
- Self-management techniques; adjust accordingly

KNOW YOUR PATIENT: Treatment plan reflects patient’s priorities and preferences
KNOW YOUR TEAM: Identify specialists and other healthcare professionals to assist with the care
KNOW YOUR COMMUNITY: Identify community resources for patient self-management
## Components of a Fibromyalgia Treatment Plan

### Pharmacologic Therapies for FM Management

There are three FDA-approved medications for the management of Fibromyalgia:

- Physical activity (eg, walking, yard work, household chores, swimming, gym workouts, tai chi)
- Cognitive-behavioral therapy (CBT) (Web-based or referral)
- Patient education
- Combination therapy (physical activity, CBT, education, and/or social support)
- Balneotherapy (medicinal bathing)
- Acupuncture
- Complementary and alternative medicine treatments (eg, homeopathy, mindfulness meditation)

### Nonpharmacologic Therapies for Fibromyalgia Management

- **Pacing of daily activities**
  - Striking a balance between too much and too little activity
  - Balancing short periods of activity with rest
  - Telling patients to think of their energy levels in “dollars.” Prioritizing to spend each day’s “energy dollars” wisely

- **Support**
  - Finding or starting a support group

- **Sleep hygiene**
  - Making sleep a priority
  - Ensuring sleep environment is quiet and comfortable
  - Avoiding stimulants like caffeine before bed
  - Hiding clock from view at night

- **Stress management**
  - Practicing relaxation/breathing techniques

### Self-Management Techniques for Patients

**Primary care physicians**

- **Specialists**
  - Rheumatologists
  - Neurologists
  - Physical medicine and rehabilitation specialists
  - Sleep specialists
  - Cognitive-behavioral therapists
  - Clinical psychologists, psychiatrists
  - Pain specialists

**Mid-level professionals**

- Nurse practitioners and physician assistants
  - Can provide patients with valuable emotional support, guidance on physical aspects of management, and can help monitor progress

**Allied health professionals**

- Physical therapists
- Occupational therapists
- Social workers
- Nutritionists
- Pharmacists

**Members of Extended Healthcare Team**

- Nurse practitioners and physician assistants
- Can provide patients with valuable emotional support, guidance on physical aspects of management, and can help monitor progress

- Physical therapists
- Occupational therapists
- Social workers
- Nutritionists
- Pharmacists