

Debates and Directions in Fibromyalgia

Cheat Sheet

Characteristic features of fibromyalgia are pain and sleep disorder, sometimes accompanied by mood disorders. The diagnosis is based primarily on history and symptoms, with tests to rule out other disorders.

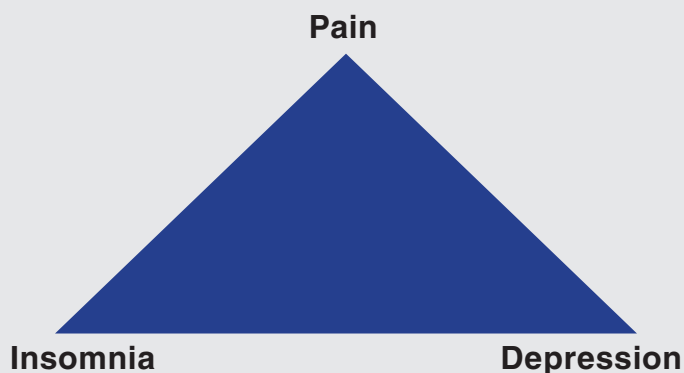
	Diagnosis
HX	<ul style="list-style-type: none"> • Pain • Gradual onset • Total body pain • Duration minimum of 3 months • Possible sleep disorder • Possible mood disorder
PE	Tender Points
Labs	CMC, ESR, CRP, TSH, CK



Once the diagnosis is established, treatment is based on the patient's symptoms.

Treatment	
Pharmacologic	Nonpharmacologic
<ul style="list-style-type: none"> • Analgesics (for pain) • Anticonvulsants (for pain and sleep) • Antidepressants (for pain, pain and mood, or pain and sleep) • ADD sedatives (for sleep) 	<ul style="list-style-type: none"> • Exercise • Sleep Hygiene • Cognitive Behavioral Therapy • Massage • Complementary products • Therapeutic Relationship • Patient Education • Patient Engagement

Model of Three Important Domains in the Treatment of the Fibromyalgia Syndrome



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Example Case

HX: Mrs. M is a 52 year old female presenting with generalized pain, duration 1 year. It began with a sore (L) shoulder, then she had a painful (R) knee, followed by diffuse aches and pains; she now has low back pain. She reports sleeping poorly, waking up in the middle of the night after 2-3 hours sleep and not getting back to sleep. She reports being exhausted and can no longer work a full week or maintain her previous exercise regimen. ASA has not helped. She has tried a number of behavioral and natural interventions, but nothing has helped. She has been involved in seeking a solution on an ongoing basis, but is beginning to feel frustrated and giving up hope.

PE: Neuro examination: (N); Tender points: 12/18. Pain VAS: 7. Other findings unremarkable.

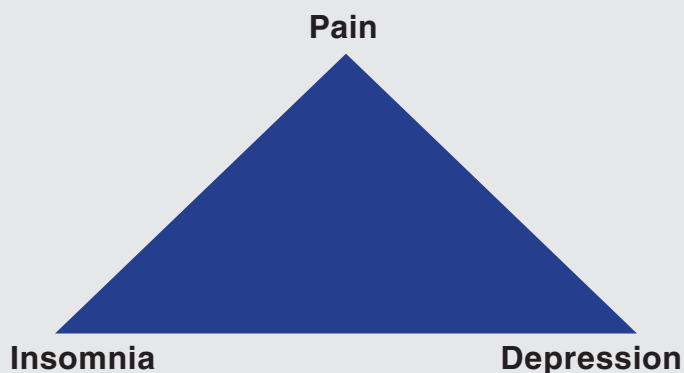
LABS: Within normal limits

DIAGNOSIS: Fibromyalgia

TREATMENT PLAN: Match major symptoms with pharmacologic options by using single or complimentary agents

Treatment	
Pharmacologic	Nonpharmacologic
<ul style="list-style-type: none">• Analgesics• Anticonvulsants• Antidepressants• ADD sedatives	<ul style="list-style-type: none">• Exercise• Sleep Hygiene• Cognitive Behavioral Therapy• Massage• Complementary products• Therapeutic Relationship• Patient Education• Patient Engagement

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