

Self management options?

Self management is an important part of moving forwards with your Fibromyalgia condition. These seminars are designed to help you to get started with learning about the condition, what the latest clinical evidence guidelines are, and what treatments are recommended. Further therapies and self management options may include gentle exercise and movement approaches, and help with managing emotions.

To book onto a seminar

Please phone the pain admin team on 01803 654270 to book a place.

After you have attended the seminar (s) of your choice, you will then be given the opportunity to book onto a 'Moving Forward with Fibromyalgia Workshop' where you can learn more about the services available from our team.

If you have any questions about this pathway please contact Mr Andy Howell, Moving Forward with Fibromyalgia representative. Please phone 01803 654270 or email sdhct.painmanagement@nhs.net.

Medication

While you progress through the Moving Forward with Fibromyalgia Pathway your GP will remain your doctor for any medication concerns that you might have.

Further Information

If you want to learn more about the pain service please visit our website at: www.sdhct.nhs.uk.reconnect2life



**PATIENT
INFORMATION**

Torbay and South Devon



NHS Foundation Trust



Moving Forward with Fibromyalgia

Any clinician referring to the Fibromyalgia Pathway, please ensure you have checked the patient's suitability to attend the seminars. Please see the Pathway detailed over page.

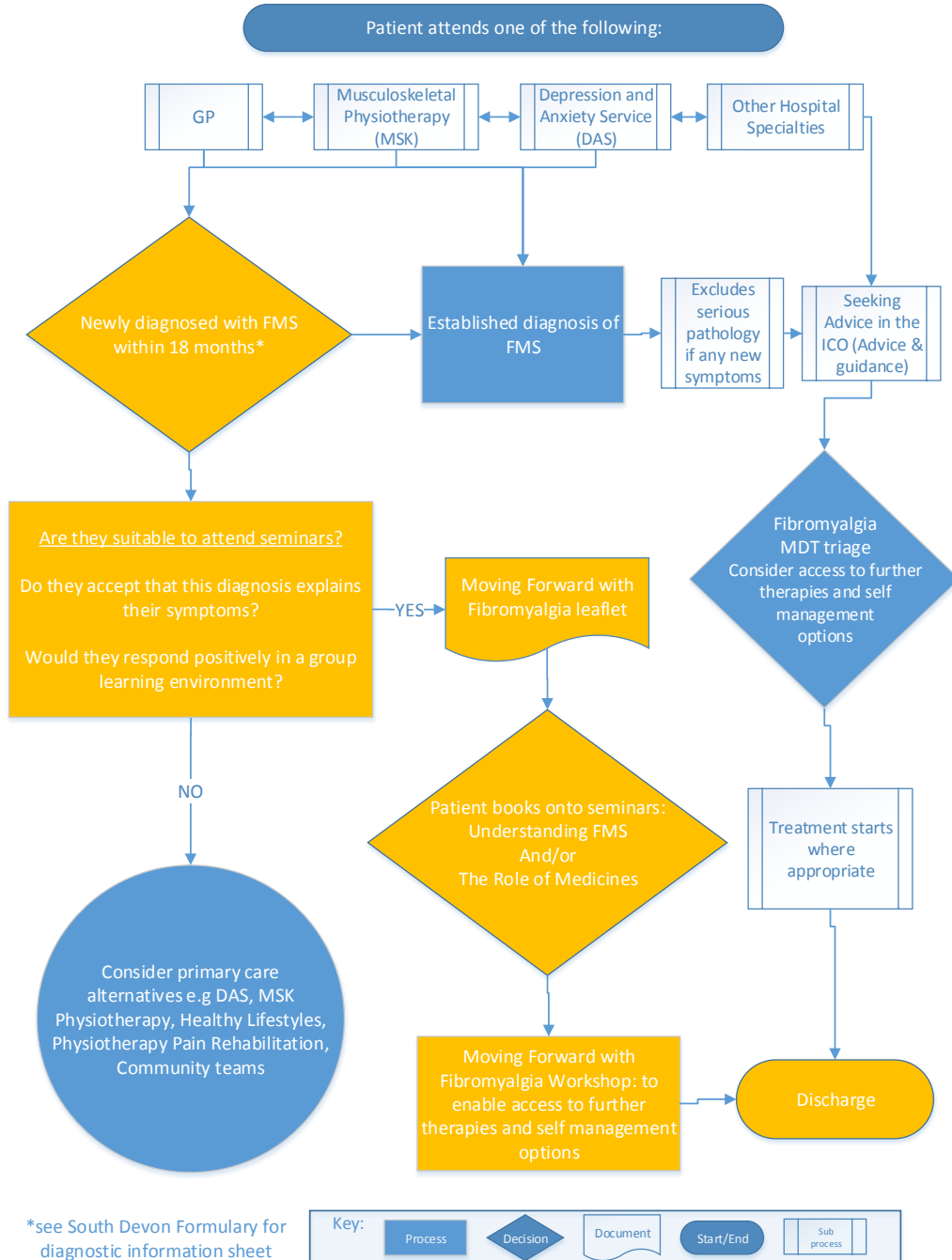
Contact

Tel: 01803 654270

Email: sdhct.painmanagement@nhs.net

ReConnect2Life

Moving Forward with Fibromyalgia Syndrome (FMS) Information for Clinicians and Patients



Fibromyalgia Seminars

These run from Torbay Hospital and last for 90 minutes. They are education sessions,. There is no pressure or expectation to speak or interact with other people. Each seminar will cover the following:

Understanding Fibromyalgia

- To understand what FMS is on a spectrum of pain and fatigue
- To explain the nature of the condition, including theories about central sensitisation of pain.
- To identify the most effective treatment to manage FMS (EULAR guidelines, 2016).
- How you can access local help to develop self management approaches.

The Role of Medication in the Management of Fibromyalgia

- The role & limitations of pain medication
- Pain medications for FMS, how they work & potential side effects
- Personal goals for managing medication
- The focus is on improving symptoms to improve quality of life, rather than removing pain.
- Strong opioids and corticosteroids in patients with FMS are not recommended (EULAR Guidelines, 2016).