**CORE PRINCIPLES OF FIBROMYALGIA MANAGEMENT**

<table>
<thead>
<tr>
<th>After Confirming the Fibromyalgia (FM) Diagnosis:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Explain the Condition</strong></td>
</tr>
<tr>
<td>Educate the Patient About the Condition</td>
</tr>
<tr>
<td>Provide information about FM diagnosis and treatment. Direct patient to credible FM information sources. Discuss treatment expectations and patient’s role.</td>
</tr>
<tr>
<td><strong>Set Treatment Goals</strong></td>
</tr>
<tr>
<td>Prioritize Individual Treatment Goals with Patients</td>
</tr>
<tr>
<td>Identify 1-2 most important symptoms/functional areas (use assessment tools to aid prioritization and establish baseline status).</td>
</tr>
<tr>
<td><strong>Apply Multimodal Treatment Approach</strong></td>
</tr>
<tr>
<td>Consider Pharmacotherapy, as Appropriate</td>
</tr>
<tr>
<td>Treat Comorbid Conditions</td>
</tr>
<tr>
<td>Incorporate Nonpharmacologic Therapies</td>
</tr>
<tr>
<td><strong>Evaluate on Follow-up Visits</strong></td>
</tr>
<tr>
<td>• Progress of agreed-upon treatment goals</td>
</tr>
<tr>
<td>• Physical activity and other nonpharmacologic therapies</td>
</tr>
<tr>
<td>• Medication efficacy and side effects; adjust dosing appropriately</td>
</tr>
<tr>
<td>• Comorbidities</td>
</tr>
<tr>
<td>• Self-management techniques; adjust accordingly</td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>PHARMACOLOGIC THERAPIES FOR FM MANAGEMENT</th>
<th>There are three FDA-approved medications for the management of Fibromyalgia</th>
</tr>
</thead>
</table>
| NONPHARMACOLOGIC THERAPIES FOR FIBROMYALGIA MANAGEMENT | • 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) |

| SELF-MANAGEMENT TECHNIQUES FOR PATIENTS | 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 |

| MEMBERS OF EXTENDED HEALTHCARE TEAM | 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 |

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  

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