**SYSTEM:** Neurologic and Psychological and Musculoskeletal

**CONDITION:** Fibromyalgia

(BOLD content unlikely to be covered elsewhere in the curriculum)

<table>
<thead>
<tr>
<th>Content</th>
<th>Educational Objectives</th>
<th>Level of Mastery*</th>
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</table>
| **Examination: Patient-History**  
• Typical risk factors for fibromyalgia as well as the clinical presentation and common co-morbidities (Depression, stress, anxiety)  
• Statistics on gender related prevalence and incidence for fibromyalgia  
• Knowledge of mechanisms considered to lead to fibromyalgia  
• Ask relevant questions related to the general management of fibromyalgia  
  ○ Medical management,  
  ○ Affective co-morbidities |  
• Demonstrate culturally appropriate and patient friendly communication when interviewing a patient/client with symptoms of fibromyalgia  
• Discuss risk factors for developing fibromyalgia and screen for need for further care  
• Identify signs and symptoms fibromyalgia and methods for assessing tender points  
• Establish baseline of functioning from which to plan intervention goals  
• Utilize screening questions to identify co-morbidities such as anxiety or depression | P  
|  | F  
|  | M  
|  | M  
|  | F  
| **Examination: Tests and Measures**  
• Standardized, evidence supported tests to gather objective date regarding  
  ○ Strength, functioning, sleep pattern, coping, movement avoidance  
• Evidence for diagnosing fibromyalgia |  
• Use and describe tests to establish acuity of fibromyalgia and establish a basis of functioning  
• Discuss results of tests and measures used in diagnosis of fibromyalgia and the impact on the physical therapy plan of care  
• Can effectively implement standard outcome tools | M  
|  | F  
|  | F  
| **Evaluation**  
• Scientific evidence for fibromyalgia diagnosis and management that is within the scope of physical therapy  
• Can identify members of health care team that would benefit a patient with fibromyalgia |  
• Utilize evidence supported interventions to design treatment plan  
• Recognize when and to whom you should refer for management of fibromyalgia symptoms outside the scope of physical therapy practice (excess pain, sleep disturbance, rapid status change) | P  
|  | F  
| **Interventions**  
• Evidence to support modality and manual therapy effect on local tissue and body system for patient’s with fibromyalgia  
• Knowledge of alterations in tissue loading tolerance for ADL and exercise prescription  
• Patient education |  
• Discuss the evidence related to the use of modalities (TENS, heat, ice, infrared, laser, manual therapy) for treatment of fibromyalgia  
• Discuss the evidence related to exercise as a treatment and preventative method for fibromyalgia  
• Teach modified ADL strategies, energy conservation and exercise progression to respect altered tissue loading tolerance | P  
|  | F
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<thead>
<tr>
<th>Prevention and Wellness</th>
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<tr>
<td>• Risk factors, behavior, environmental, cognitive and physical factor considerations of fibromyalgia</td>
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<tr>
<td>• Teach evidence supported prevention and wellness strategies to maximize functioning and minimize impairments in patients with fibromyalgia</td>
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<th>Medical management</th>
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<tr>
<td>• Aware of typical medication management for patient with fibromyalgia</td>
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<td>• Discuss pharmaceutical management impact on musculoskeletal processes</td>
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<td>• Display effective communication when collaborating with other members of the team (pain specialist, psychologist/psychiatrist, physician)</td>
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* F = Familiar; P = Proficient; M = Mastery