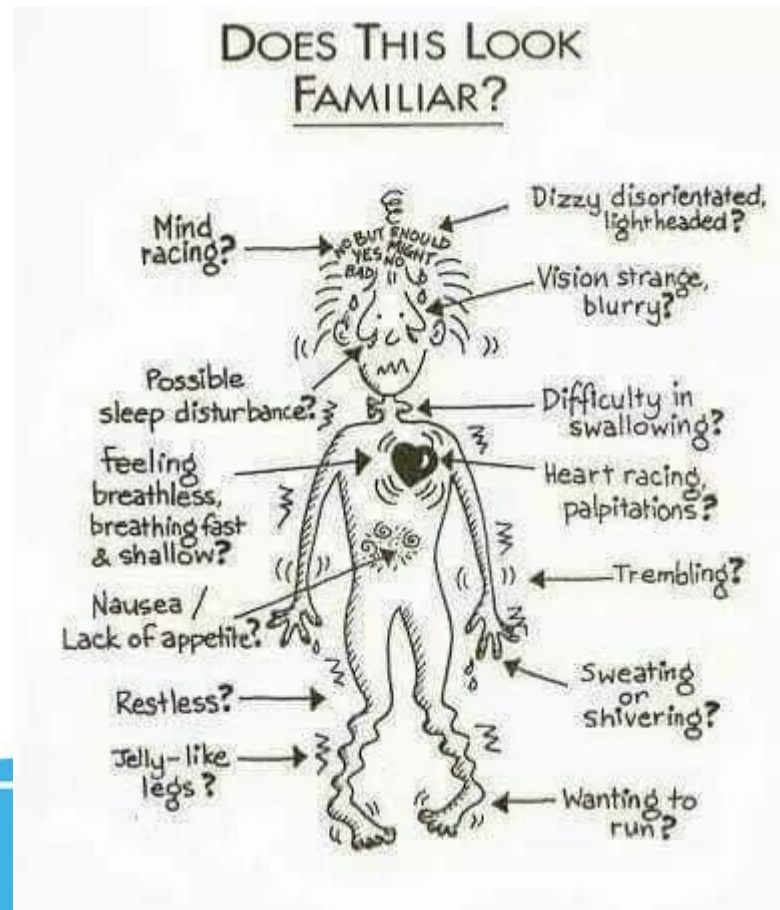


Understanding Fibromyalgia (FMS)



Introductions



Aims and Objectives

To introduce the topic, including the names used / brief history.

The symptoms of fibromyalgia and diagnosis

Possible causes/triggers

Approaches to treating FMS

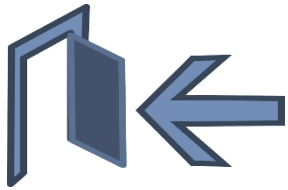
Lived experience

Agreed Guidelines for The Session

- Confidentiality - what's said in the room stays in the room.
- **Keep a learning focus - It's not a support group.**
- Supportive environment for learning together.
- Listen without judgement.
- Respect and be sensitive to other people's opinions /experiences.
- Allow people the space to talk, please do not talk over anyone.
- Be open to new ideas.
- Share only what you feel comfortable sharing.
- Any other guidelines you would like to see?



House keeping



SILENCE MOBILE DEVICES



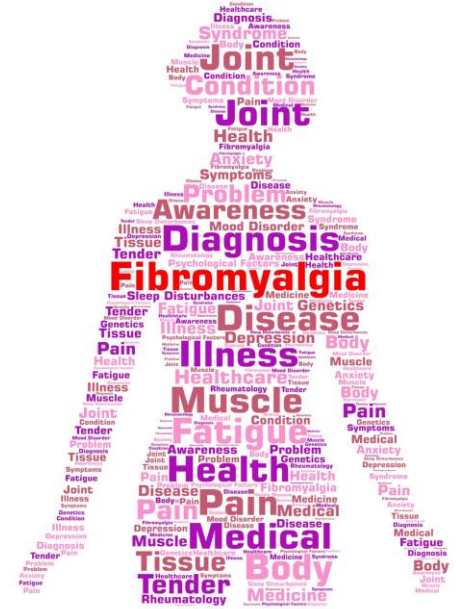
Who are you?



- A brief introduction to yourself
- Your interest in the subject
- What you hope to get out of today's session

Understanding Fibromyalgia

- Fibromyalgia – Chronic long term condition & complex disorder.
- Often combined with other multiple symptoms.
- Pain is felt in various places in the body at various times.
- The Level of pain varies / sensitive to pain
- Increased sensitivity to pain
- Chronic Fatigue (not all suffers have this).
- Muscle Stiffness.
- Fibro Fog – problems with memory & concentration.
- IBS – Irritable Bowel Syndrome.
- Affects 7 times as many women as men.
- There may be around 1.5 – 2 million people in the UK with Fibromyalgia.
- Change in how the central nervous system process pain messages to body.
- 18 tender points through the body

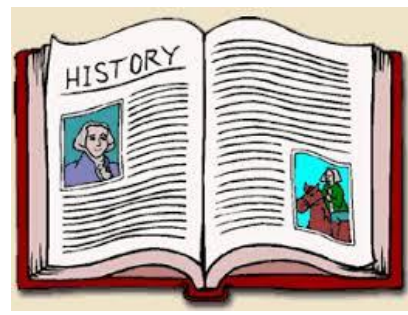




History of Fibromyalgia

- In 1800s first described Fibromyalgia type symptoms; aching, stiffness, pain, tiredness & difficulty sleeping, this was termed muscular rheumatism.
- In 1815 William Balfor, a Scottish surgeon described certain tender points related to Fibromyalgia.
- In 1904 The term Fibrositis was first used by Sir William Gowers.
- Inflammation was thought to be the cause of the pain.
- In 1976 a New term Fibromyalgia where swelling in the body was no longer believed to be the cause of pain.





History of Fibromyalgia

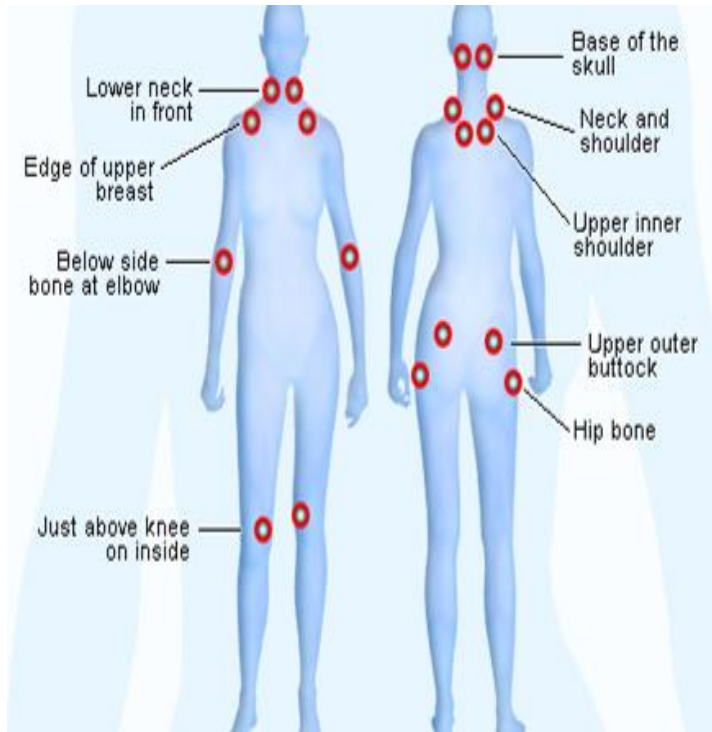
Term Fibromyalgia taken from Latin and Greek wording:

- **Fibro** – Latin word meaning fibrous tissue, painful tendons and ligaments.
- **Myos** – Greek meaning muscles.
- **Algos** – means pain.
- **Itis** – meaning inflammation



Fibromyalgia Diagnosis

A Fibromyalgia diagnosis is made when all other reasons for pain are discounted via tests and investigations.



Dependent on 2 main symptoms:

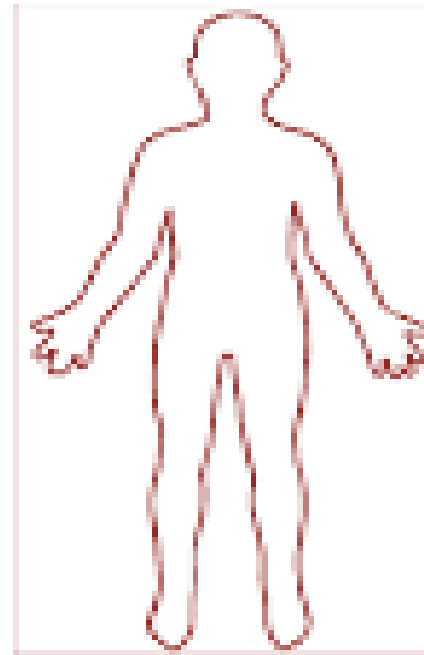
- **Widespread pain for more than 3 months.**
- **Must occur on both sides of the body and above and below the waist.**

Alongside,

Pain in at least 11 out of 18 tender point sites when pressed.



Group activity - Symptoms related to Fibromyalgia



Fibromyalgia Symptoms

Main Symptoms;

- Constant widespread pain, varies in severity & intensity.
- Pain moves around body – felt in different areas at different times.
- Myofascial Pain – in muscles, soft tissues – this is experienced as deep aching, gnawing, stabbing, throbbing, soreness etc.
- Bruising easily
- **Hyperalgesia (Hypersensitive to Pain) – Hyper means excess, Algesia means pain,**
- Pain signals in the brain appear to have been turned up in volume so to speak, making them more severe than they normally be.



Fibromyalgia Symptoms

Allodynia:
Feel pain from mild pressure
or light touch.



Neuropathic Pain : Nerve Sensations - Burning, Itching, tingling, numbness, crawling.


Fibromyalgia Symptoms

- **Overwhelming levels of fatigue/ Chronic Fatigue**
- **Unrefreshing sleep (Pain, Restless Legs Syndrome, bladder issues).**
- **IBS.**
- **Headaches/Migraines**
- **Cognitive Difficulties : Memory and concentration difficulties – word finding difficulties, Brain Fog / Fibro Fog.**
- **Sensory Overload.**
- **Difficulty regulating body temperature - Cold hands & feet**
- **Clumsiness.**
- **Dizziness.**



Possible Causes/ Trigger factors

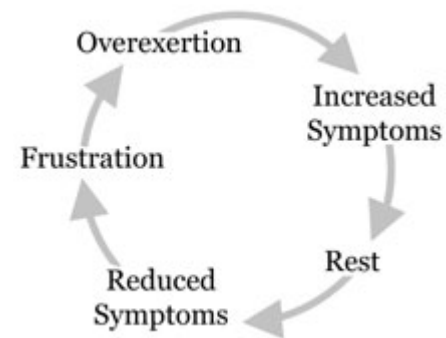
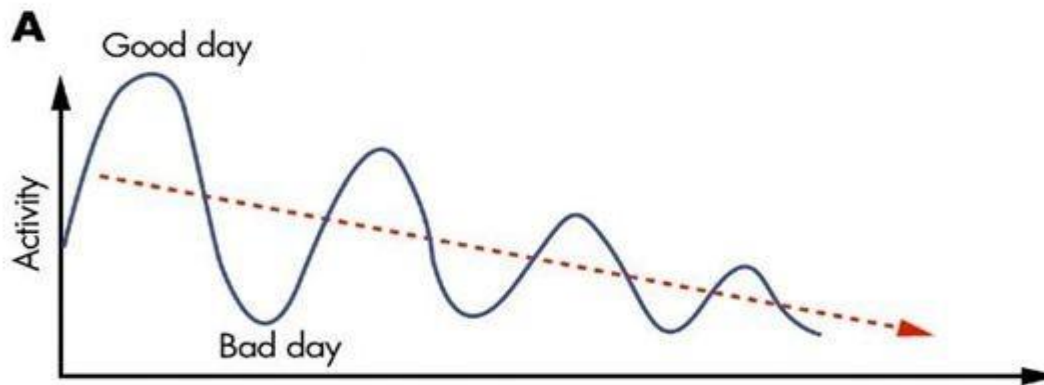
No single cause factor has been identified.

- **Changes in the way the CNS works which affects how we respond to pain.**
 - **Injury.**
 - **Viral Infection.**
 - **Genetics: May be genetic links.**
 - **Emotional /Physical Abuse.**
 - **PTSD.**
 - **Gender (Female 7 times more likely).**
 - **Giving Birth/ Having an Operation**
 - **Death of a Loved One.**
- 

Break Time



Boom and Bust Scenario



Approaches to help manage Fibromyalgia



Pacing – Breaking tasks into smaller, more manageable chunks.

Approaches to help manage Fibromyalgia.

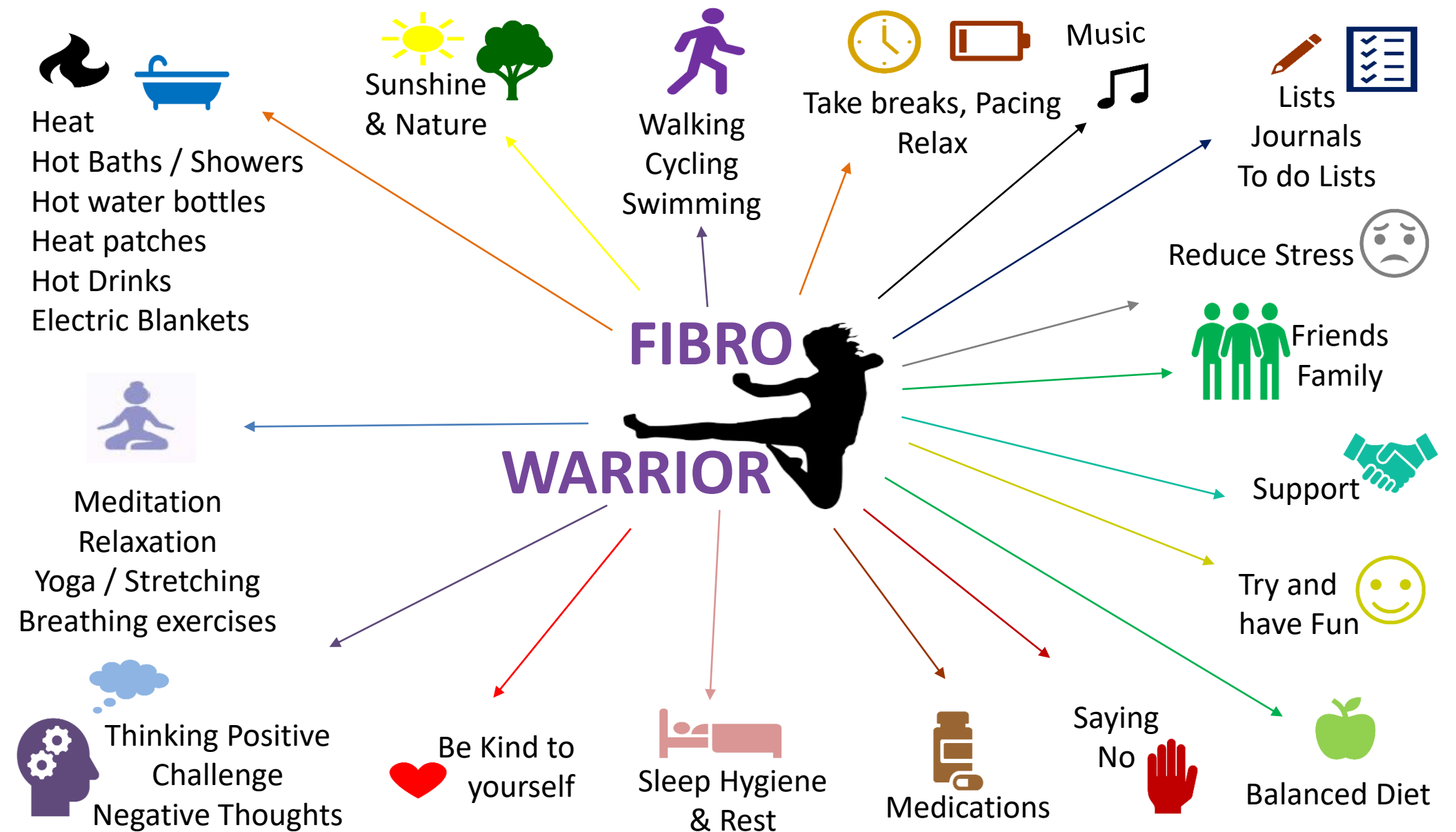
Psychological support :

- Help to understand and manage thoughts and feelings.
- Help change the way you think about things – Cognitive Behavioural Therapy.



Group exercise





Lived Experience...My Story!



Time to Say Goodbye!

