
INTERACTIVE QUESTIONS

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Discussion Question

- What is central sensitization/
dysfunctional pain?


Discussion Question

- What are some examples of conditions associated with central sensitization/dysfunctional pain?


Discussion Question

- What is fibromyalgia?

Discussion Questions

- Is fibromyalgia “all in their head”?
 - What are the pathophysiological mechanisms behind the pain these patients experience?
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Discussion Question

- How do you think the prevalence of fibromyalgia in your region differs from that in other regions?
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Discussion Question

- In what ways does fibromyalgia impact your patients' quality of life?
 - How does this influence how you manage these patients?

Discussion Question

- How often do you see patients with these clinical features?


Discussion Question

- How do you identify patients with fibromyalgia in clinical practice?

Discussion Question

- What are some of your biggest challenges in diagnosing patients with fibromyalgia?
 - How do you overcome these challenges?


Discussion Question

- What physical examinations and/or other examinations do you routinely use to evaluate fibromyalgia?
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Discussion Question

- What do you tell your patients you think are suffering from fibromyalgia?

Discussion Question

- What non-pharmacological therapies have you found to be helpful in managing fibromyalgia in your patients?
 - Which ones have you found to be ineffective/unhelpful?
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Discussion Question

- Are there non-pharmacological modalities your patients regularly ask about?

Discussion Question

- What non-pharmacological approaches could you use to help address fibromyalgia from a biopsychosocial perspective?
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Discussion Question

- What pharmacological therapies do you tend to use first-line to manage pain in patients with fibromyalgia?
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Discussion Question

- How would you integrate the concepts discussed today into a concrete treatment plan for a patient with fibromyalgia?
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Discussion Questions

- What do you think accounts for the differences between various guideline recommendations?
 - How does this affect your clinical practice?
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Discussion Question

- Is non-adherence to analgesics an issue for your patients suffering from fibromyalgia?
 - If so, how do you manage this in clinical practice?

Discussion Question

- Is non-adherence to lifestyle changes and/or non-pharmacological therapies an issue for your patients suffering from fibromyalgia?
 - If so, how do you manage this in clinical practice?

Discussion Question

- What are some strategies you use in your practice to promote self-efficacy?
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