INTERACTIVE QUESTIONS
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?
Discussion Question

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

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

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

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