

Fibromyalgia Coping Skills Referral Criteria

These are the referral criteria for the Fibromyalgia Coping Skills Group Programme run by Rheumatology Therapy Services.

The Fibromyalgia Coping Skills Programme is an outpatient multidisciplinary service for people with a diagnosis of Fibromyalgia who live in the following catchment areas: Sirona Healthcare, Bristol, South Wiltshire, Kennet and North Wiltshire, West Wiltshire, North Somerset, Somerset, Gloucestershire, South Gloucestershire and Swindon.

Fibromyalgia Team

Team members include one Specialist Occupational Therapist/Service Lead, one Specialist Physiotherapist/Service Lead, one part-time Coordinator/Administrator, specialist Occupational Therapists, specialist Physiotherapists, Dietitians and Expert Patients.

Groups are currently run on four days per week, ranging from 2.5 to 4 hours per treatment session.

Criteria for the diagnosis of Fibromyalgia

Patients referred to this service should already have **a formal diagnosis of Fibromyalgia** by a rheumatologist using one or more of the following criteria:

- Widespread Pain Index (WPI) score of 7 or over, with a Symptom Severity Score (SS) of 5 or more for longer than 3 months¹
- Widespread Pain Index (WPI) score of 3 to 6 or, with a Symptom Severity Score (SS) of 9 or more for longer than 3 months¹
- Widespread pain in all four quadrants of the body, for longer than three months duration, together with tenderness at 11 or more of the 18 specific tender point sites²

¹ Wolfe F et al, 2010 Arthritis Care and Research

² Wolfe F et al, 1990. Arthritis and Rheumatism, Vol. 33, No. 2

Other possible causes for pain and fatigue to exclude prior to referral:

- Adrenal insufficiency
- Anaemia
- Anxiety/Depression
- Chronic Fatigue Syndrome (fatigue tends to be more prevalent on clinical presentation)
- Chronic infection
- Chronic Low Back Pain
- Coeliac disease
- Connective Tissue Disorders e.g. Scleroderma, Lupus
- Ehlers Dahnlos/Hypermobility
- Malignancy
- Multiple Sclerosis
- Myasthenia gravis
- Primary Sleep Disorder
- Rheumatoid Arthritis
- Somatisation
- Spondyloarthropathies
- Thyroid Disease
- Vitamin D deficiency

Patients with concomitant diagnoses are considered for attendance of the Coping Skills Programme; however Fibromyalgia must be the main driver for current symptoms.

Inclusion Criteria for the Fibromyalgia Coping Skills Programme

- Formal diagnosis of Fibromyalgia using the diagnostic criteria outlined above
- Willing to implement positive lifestyle changes with a view to self-managing Fibromyalgia in the long term
- Willing to actively participate in a group setting
- Willing to commit to and attend the full programme
- Widespread chronic pain is one of the main symptoms reported
- Fatigue is a major problem
- Poor quality sleep is a major problem

Exclusion Criteria for the Fibromyalgia Coping Skills Programme:

- No formal diagnosis of Fibromyalgia
- Under 18 years of age
- Major psychiatric illness e.g. anxiety, depression, psychosis, mania, self-harm
- Attendance of a Pain Management Programme, Chronic Fatigue Programme or Fibromyalgia Coping Skills Programme in the last 3 years
- Concurrent rehabilitation for the same problem/diagnosis from a different service
- Requires 1:1 therapy intervention for Fibromyalgia
- Requires support of a carer to participate in group therapy intervention

What the Fibromyalgia Team offers:

- Specialist multi-disciplinary team assessment, diagnosis and rehabilitation
- Education and advice on self-management of Fibromyalgia
- Group or 1:1 treatment sessions, as appropriate to individual need
- Patient-centred goal setting with a focus on self-management of Fibromyalgia in the long term
- Pacing focused lifestyle management advice
- Exercise advice
- Hydrotherapy, as appropriate to individual need

What the Fibromyalgia Coping Skills Group Programme offers:

- Condition specific education
- Discussion of the issues around acceptance of diagnosis of a long term condition
- Education on acute and chronic pain
- Education on de-conditioning, re-conditioning and the benefits of exercise
- Pacing focused lifestyle management advice

- Patient-centred goal setting
- Hydrotherapy
- Set back planning
- Sleep advice
- Nutrition advice from a dietitian
- Relaxation
- Expert patient advice

Direct Access

Referral Form

Referrals are accepted from:

- Rheumatology Consultants or their medical team at the Royal National Hospital for Rheumatic Diseases
- GPs for patients who have a **confirmed diagnosis of fibromyalgia** from a rheumatologist

All patients referred to this service will be offered a 1:1 initial assessment to identify individual treatment goals.

Options for group education or individual treatment will be assessed on a 1:1 basis according to individual need and in full in collaboration with the patient.

Patient Name	
Patient D.O.B	
RNHRD Unit Number (if known)	
NHS Number	
Patient Address	
Patient Telephone Number	

Recent medical history, including diagnosis of Fibromyalgia:

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Criteria for diagnosis of Fibromyalgia of 3 months duration or more:

Diagnostic test	Score	Date completed
Widespread Pain Index (WPI) score Severity Score (SS)		
Severity Score (SS)		
Widespread pain in all four quadrants of the body	Yes / No	
Number of tender points out of a total score of 18		

Other information:

Mental health history:	Current diagnosis (Please tick)	Date of diagnosis	Previous diagnosis	
	None: Anxiety: Bi-polar: Depression: Psychosis: Other:		None: Anxiety: Bi-polar: Depression: Psychosis: Other:	
Previous therapy treatment, including attendance of Pain Management, Chronic Fatigue or Fibromyalgia programmes				

GP Name and signature:	
Surgery Details:	
Date of referral:	