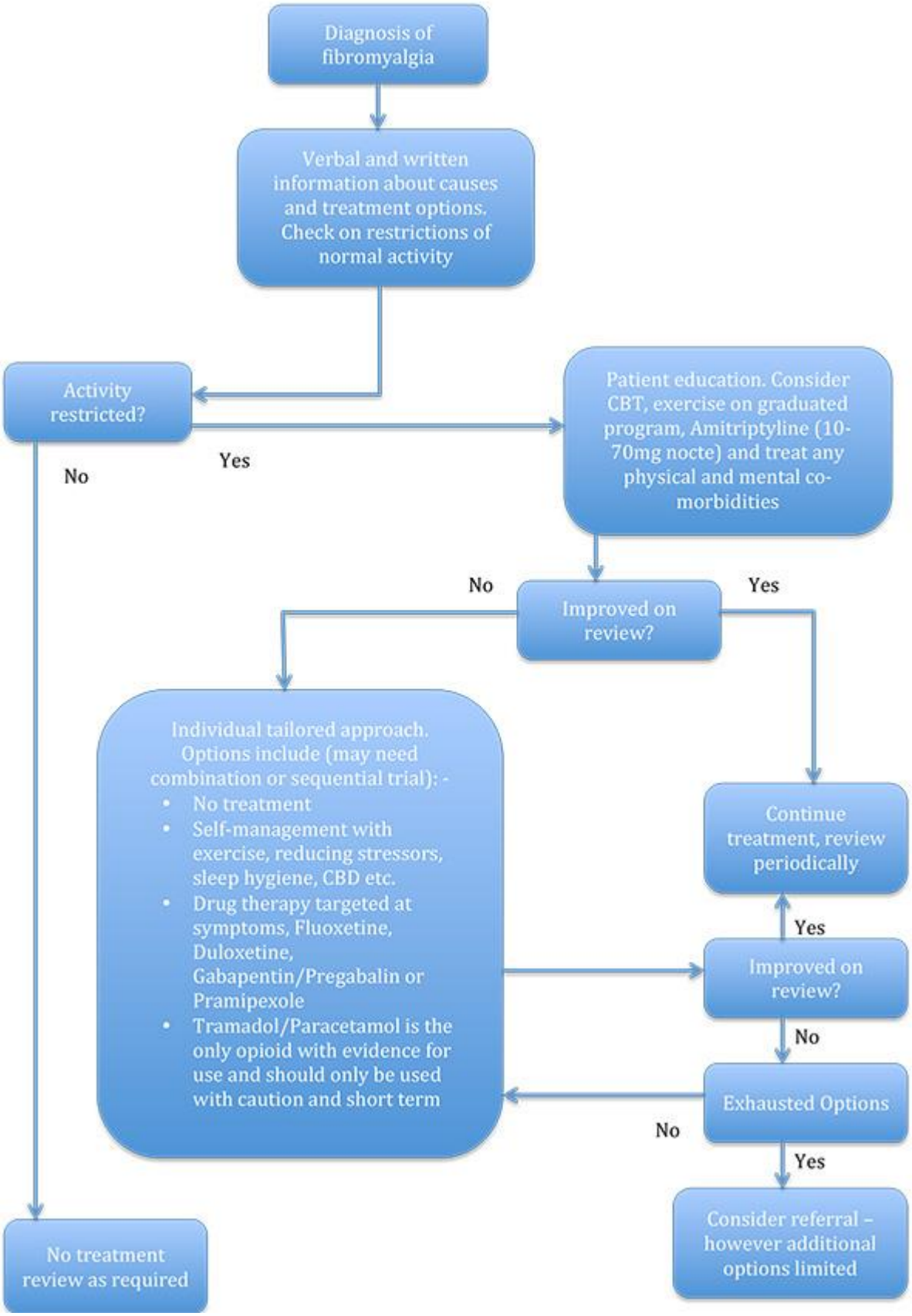
Diagnosis of fibromyalgia
Verbal and written information about causes and treatment options. Check on restrictions of normal activity
Activity restricted?
Yes
No
Patient education. Consider CBT, exercise on graduated program, Amitriptyline (10-70mg nocte) and treat any physical and mental co-morbidities
No
Improved on review?
Yes
Individual tailored approach. Options include (may need combination or sequential trial): -
• No treatment
• Self-management with exercise, reducing stressors, sleep hygiene, CBD etc.
• Drug therapy targeted at symptoms, Fluoxetine, Duloxetine, Gabapentin/Pregabalin or Pramipexole
• Tramadol/Paracetamol is the only opioid with evidence for use and should only be used with caution and short term
Continue treatment, review periodically
Yes
Improved on review?
No
Exhausted Options
No
Yes
Consider referral – however additional options limited
No treatment review as required