

Practising Well Community of Practice

The Chronic Pain of Fibromyalgia

December 15, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Ontario Health Quality Standards

- Chronic Pain Home Page - <https://hqontario.ca/evidence-to-improve-care/quality-standards/view-all-quality-standards/chronic-pain>
- Chronic Pain Quality Standard - <https://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-chronic-pain-quality-standard-en.pdf>

Resources

- The epidemiology of self-reported fibromyalgia in Canada - <https://pubmed.ncbi.nlm.nih.gov/16672135/>
- Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia (findings from the 2014 Canadian Community Health Survey) - https://mefmaction.com/docs/CCHS_Stats_2014.pdf
- The Brief Pain Inventory - <https://www.hamiltonhealthsciences.ca/wp-content/uploads/2019/03/Referral-Form-Brief-Pain-Inventory-Pain.pdf>
- Pain Assessment Video (Quantitative Sensory Pain) - https://www.youtube.com/watch?v=DRg_zgYnnL8
- Fibromyalgia Diagnostic Criteria
 - <https://rheuminfo.com/docs/physician-tools/FIBROMYALGIA-CRITERIA-2010.pdf> (2010)
 - https://umanitoba.ca/faculties/health_sciences/medicine/education/cpd/media/New_Clinical_Fibr_omyalgia_Diagnostic_Criteria.pdf (2016)
 - <https://people.clarkson.edu/~lrussek/2016FMS.pdf> (2016)
- McMaster National Pain Centre - <https://healthsci.mcmaster.ca/npc>
- Canadian Guidelines for the Diagnosis and Management of Fibromyalgia Syndrome in Adults - <http://fmguidelines.ca/>
- EULAR revised recommendations for the management of fibromyalgia - <https://ard.bmj.com/content/76/2/318>
- Joint Hypermobility Syndrome Pain - <https://pubmed.ncbi.nlm.nih.gov/19889283/>
- Canadian Consensus Criteria for ME/CFS - <https://www.omfcanada.ngo/diagnosis-of-me-cfs/>

- US ME/CFS Clinical Coalition (Clinical Management) - <https://mecfscliniciancoalition.org/clinical-management/>
- ME/CFS Treatment Recommendations - <https://batemanhornecenter.org/wp-content/uploads/filebase/Treatment-Recs-MECFS-Clinician-Coalition-V1-Feb.-2021.pdf>
- CDC Institute of Medicine (IOM) Diagnostic Criteria - <https://www.cdc.gov/me-cfs/healthcare-providers/diagnosis/iom-2015-diagnostic-criteria.html>
- Comorbid fibromyalgia: A qualitative review of prevalence and importance - <https://onlinelibrary.wiley.com/doi/10.1002/eip.1252>
- Update on Treatment Guideline in Fibromyalgia Syndrome with Focus on Pharmacology - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5489806/>
- Dr Lorimer Moseley TED talk - <https://www.youtube.com/watch?v=gwd-wLdIHjs>
- Tame the Beast website - <https://www.tamethebeast.org/>
- Pain U Online - <https://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>
- Dr. Holowaty Medicine (Chronic Pain Management) - <https://drholowaty.com/chronic-pain>
- Online Self-Management Program - <https://www.selfmanagementontario.ca/en/regionalsite>
- Sleep Hygiene and CBT for Insomnia - <https://mysleepwell.ca/cbti/>

Education

- ECHO St. Joseph's Care Group (Thunder Bay) - <https://sjcgecho.squarespace.com/chronic-pain-opioid-stewardship>
- Chronic Pain and Opioid Stewardship (UHN) - <https://uhn.echoontario.ca/Our-Programs/Chronic-Pain>

Supports

- OMA Physician Health Program - <https://php.oma.org/>
- CAMH Health Care Provider Resource Site - <http://www.camh.ca/covid19hcw>