



“बेटी बचाओ, बेटी पढ़ाओ”

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR

FACULTY OF HOMOEOPATHIC SCIENCE

Teaching Methodology

Faculty Name	: JV'n Dr. Ravi Jain (Asso. Professor & HOD)
Program	: BHMS
Course	: Practice of Medicine
Session	: Fibromyalgia

Academic Day starts with –

- Greeting with saying ‘**Namaste**’ by joining Hands together following by 2-3 Minutes Happy session, Celebrating birthday of any student of respective class and **National Anthem**

Lecture Starts with-

- **Review of previous Session-** In previous session as I had discussed about Pseudogout & Crystal Deposition Disease.
- **Topic to be discussed today-** In today's lecture I will start with Fibromyalgia
- **Lesson deliverance (ICT, Diagrams & Live Example)-**
 - PPT (20 Slides)
 - Diagrams



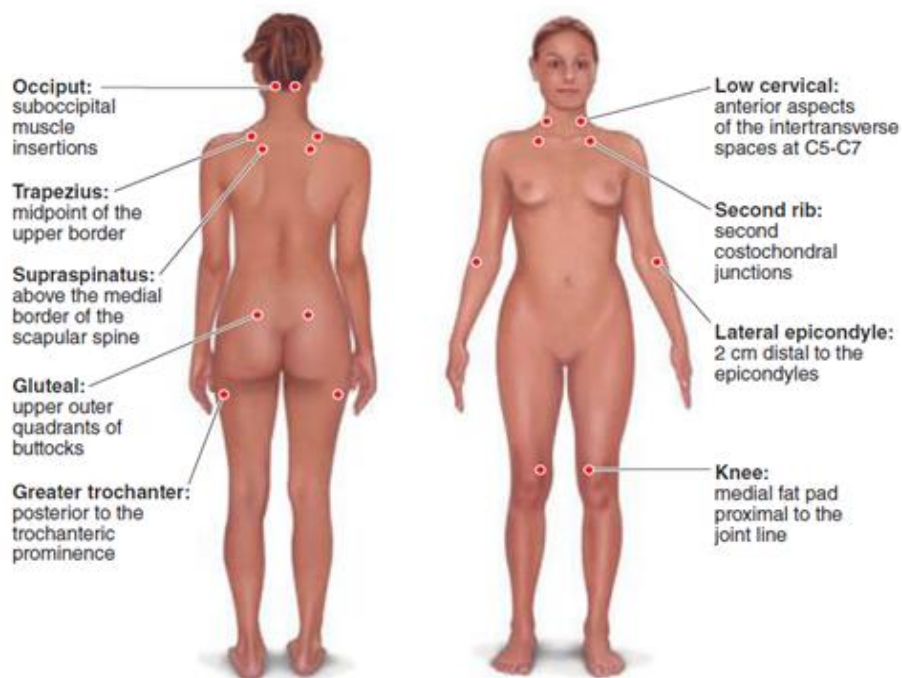
Picture of Fibromyalgia

- A common disorder characterized by :
- Chronic widespread musculoskeletal pain,
- Aching
- Stiffness
- Paresthesia
- Disturbed sleep
- Easy fatigability
- Multiple tender points.
- FM affects around 2% of the population.
- More common in women than in men, with a ratio of 9:1.

Clinical Manifestations

- Patients present pain all over.
- Pain both above and below the waist on both sides of the body and involves the axial skeleton (neck, back, or chest).

- The pain attributable to FM is poorly localized, difficult to ignore, severe in its intensity, and associated with a reduced functional capacity.
- For diagnosis, pain should be present on most days for at least 3 months.



Tender-point assessment in patients with fibromyalgia. (Figure created using data from F Wolfe et al: *Arthritis Care Res* 62:600, 2010.)

Fig: Tender points

- Neuropsychological Symptoms : fatigue, stiffness, sleep disturbance, cognitive dysfunction, anxiety, and depression.
- Fatigue is highly prevalent. Pain, stiffness, and fatigue often are worsened by exercise.
- The sleep complaints include difficulty falling asleep, difficulty staying asleep, and early-morning awakening.
- Symptoms of anxiety and depression are common.

- Headaches, facial or jaw pain, regional myofascial pain particularly involving the neck or back, and arthritis. Visceral pain involving the gastrointestinal tract, bladder, and pelvic or perineal region is often present.
- Comorbid Conditions : chronic musculoskeletal, infectious, metabolic, or psychiatric conditions.
- Psychosocial Considerations : Symptoms of FM often have their onset and are exacerbated during periods of high-level real or perceived stress.
- Functional Impairment : physical, mental, and social domains.

Differential Diagnosis

- Musculoskeletal pain is a common complaint, the differential diagnosis of FM is broad.
- Inflammatory : rheumatoid arthritis, spondyloarthritides, systemic lupus erythematosus, Sjögren's syndrome.
- Infectious : Hepatitis C, HIV infection, Lyme disease.
- Endocrine : Hypo or hyperthyroidism, Hyperparathyroidism
- Psychiatric Disease : Major depressive disorder

Laboratory Investigations

- Routine : Erythrocyte sedimentation rate (ESR) or C-reactive protein (CRP)
- Complete blood count (CBC)
- Thyroid-stimulating hormone (TSH)
- Guided by History and Physical Examination : Complete metabolic panel, Antinuclear antibody (ANA)
- Anti-SSA (anti-Sjögren's syndrome A) and anti-SSB
- Rheumatoid factor and anti-cyclic citrullinated peptide (anti-CCP)

- Creatine phosphokinase (CPK)
- Viral and bacterial serologies
- Spine and joint radiographs

Treatment

- Understanding the symptoms.
- Explaining the genetics, triggers, and physiology of FM.
- Education regarding expectations for treatment. The focus on improved function and quality of life rather than elimination of pain.
- Pregabalin, duloxetine, and milnacipran have shown benefit for fibromyalgia.
- Tricyclics for sleep disorder.
- Antidepressants and anxiolytics

University Library Reference-

- Davidson's Principles and Practice of Medicine – Elsevier Publication, 23rd Edition.
- Golwalla Medicine for students, Jaypee Brothers, 25th Edition
- Harrison's Manual of medicine – MC Graw Hill, 19th Edition
- Harrison's Principles of Internal medicine – 19th Edition, McGraw-Hill Education

Online Reference

- <https://www.mayoclinic.org/diseases-conditions/fibromyalgia/symptoms-causes/syc-20354780#:~:text=Fibromyalgia%20is%20a%20disorder%20characterized,process%20painful%20and%20nonpainful%20signals>.
- <https://www.medicalnewstoday.com/articles/147083>
- <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Fibromyalgia>
- **Suggestions to secure good marks to answer in exam-**
 - Define Fibromyalgia. Write the etiology, pathogenesis, clinical features, of the same.
- **Questions to check understanding level of students-**
 - Enumerate various investigations commonly done for the identification of locomotor diseases.
- **Next Topic-**
 - Osteoporosis its clinical features, investigations and management.

Academic Day ends with-

National song ' Vande Mataram'