



Ensure that patients with fibromyalgia:

- Get at least six to eight hours of restorative sleep and suggest sleep normalization intervention
- Participate in a fibromyalgia self-care program
- Participate in a graded exercise program and aerobic conditioning program
- Utilize energy-conservation strategies
- Are referred to a mental health professional for depression or anxiety as appropriate

Standard of Care References

1. American College of Rheumatology (ACR) 1990 Diagnostic Criteria for FMS.
2. "Fibromyalgia", Fact sheet, Am College of Rheumatology, 2000.
3. Wolfe F, Ross K, Anderson J et al. The Prevalence and Characteristics of Fibromyalgia in the General Population. *Arthritis & Rheum* 1995, 38: 1, 19-28
4. Alnigenis, M. Nergis et al. Following the clues to fibromyalgia syndrome., *The Journal of Musculoskeletal Medicine*, Aug 2001, 18:8, 381-386
5. Barkhuizen A. Pharmacologic Treatment of Fibromyalgia. *Current Pain and Headache Reports*. 2001, 5:351-358.
6. Leventhal, Lawrence j. Management of Fibromyalgia. *Ann Intern Med*. 1999;131:850-858.
7. Poyhia R, DaCosta D and Fitzcharles M. Pain and Pain Relief in Fibromyalgia Patients Followed for Three Years *Arthritis Care and Research* 45:355-361, August, 2001.
8. Exercise and Education improve Fibromyalgia, *The Journal of Musculoskeletal Medicine*, Feb 2001.
9. Harmon CE. Fibromyalgia: Treatments Worth Trying. *Fibromyalgia*, 1996. Pp.64-71
10. Burckhardt, Carol S et al, Pain Coping Strategies and Quality of Life in Women With Fibromyalgia: Does Age Make a Difference? *Journal of Musculoskeletal Pain*, 9(2) 2001 5-16
11. Sandstrom, Marlene and Keefe, Francis, Self-Management of Fibromyalgia *Arthritis Care and Research*, December 1998,11:6, 432-447.
12. Mannerkorpi K, et al. Exercise and Education Improve Fibromyalgia. *J Rheumatology* 2000; 27: 2473-2481.