

Fibromyalgia Self-management Programme

The Fibromyalgia Self-management Programme

The Rheumatology Therapy team based at the Royal National Hospital for Rheumatic Diseases run a well-established outpatient based Fibromyalgia Self-management Programme (FSMP). Clinical outcomes demonstrate high levels of patient satisfaction and improved self-efficacy to manage fibromyalgia.

The programme is a condition specific self-management group aimed at supporting patients to learn about and implement self-management strategies. Group sessions are co-led by specialist physiotherapists and occupational therapists, in addition to input from other health care professionals e.g. dietitians. A small team of expert patients also provides support. This allows for delivery of as holistic a service as possible for patients.

The FSMP is not a generic pain management programme, and it does not contain any direct input from a psychologist. Its focus is on developing and building individual resilience to self-manage fibromyalgia in the long term. Evidence has shown that the programme has influenced the development of local patient support groups, which are a valuable resource to patients post programme.

Who is the Fibromyalgia Self-Management Programme for?

The FSMP is intended for patients who have a diagnosis of fibromyalgia and are struggling to manage the condition.

Patients attending the programme must be willing to make personal health behaviour and lifestyle changes, as part of a personal shift towards self-management. The programme is not appropriate for patients with highly complex needs who require significant psychological support. Where this is identified during assessment, patients will be advised of more appropriate services to meet their individual needs.

To maintain patient confidentiality carers, partners and/or children are not admitted into any of the group sessions.

What does the programme offer?

There is a 1 hour outpatient screening assessment to discuss the most appropriate treatment options with each patient. One-to-one therapy input or referral to other relevant health care professionals will be offered for those that feel unable to attend a group.

The FSMP involves attendance of 4 (4 hour) or 6 (2.5 hour) weekly group sessions. The sessions focus on:

- Condition specific education and lifestyle advice (fatigue management, sleep and diet)
- Patient-centred goal setting and problem solving

- Exercise advice
- Hydrotherapy
- Pain management advice

There is a 3 month follow-up group session to review progress.

Referrals

Patients with a diagnosis of fibromyalgia can be directly referred to the Rheumatology Therapy Team from the following sources:

- Rheumatology Consultants and team at the Royal National Hospital for Rheumatic Diseases
- GPs

Please use the 'Direct Access' referral form attached to this website. Alternatively, a Choose and Book option is also available for this service.

Please note that we are not able to accept self-referrals directly from patients.

Referral catchment area

People who live in the following Clinical Commissioning Group catchment areas can be referred:

- Bath and North East Somerset
- Bristol
- Gloucester
- North Somerset
- Somerset
- South Gloucestershire
- Swindon
- Wiltshire

Please contact us for further information: 01225 473416 extension: 252

Sandi Derham

Occupational Therapist, Rheumatology Clinical Specialist

Email: s.derham@nhs.net

Julie Russell

Physiotherapist, Rheumatology Clinical Specialist

Email: julie.russell19@nhs.net