

Thank you for your referral. Your letter suggests that the most likely diagnosis for this person is fibromyalgia.

The referral pathway for patients with a suspected diagnosis of fibromyalgia to the RNHRD Rheumatology at the RUH has changed. We no longer have clinic capacity to see all patients with suspected fibromyalgia or to confirm diagnosis. As such, following MDT review, we are returning your referral.

Diagnosis of fibromyalgia in primary care

Current expert consensus is that the diagnosis of fibromyalgia can be made in primary care. To support you to make a diagnosis of fibromyalgia, please use the 2016 American College of Rheumatology Fibromyalgia Diagnostic Criteria. These can be accessed at <https://people.clarkson.edu/~lrussek/2016FMS.pdf> and filled in with your patient to confirm a diagnosis of fibromyalgia.

A diagnosis of fibromyalgia is valid irrespective of other diagnoses and does not exclude the presence of other clinically important illnesses.

There are no confirmatory blood tests for fibromyalgia. Testing to rule out other pathologies should be kept to a minimum. It is helpful to advise patients that where fibromyalgia is suspected, any results from testing are usually normal. Testing may include the following blood tests:

- FBC
- PV
- CRP
- U&E, Creat, LFTS
- TSH
- Calcium
- CPK
- 25-OH Vitamin D
- HbA1C or random blood glucose
- Ferritin

Any further tests should be based on clinical suspicion for other conditions and may include:

- Rheumatoid factor
- Myeloma screen
- TTG

Support to manage fibromyalgia symptoms

Patients with a confirmed diagnosis of fibromyalgia who are seeking support to self-manage their fibromyalgia symptoms can be referred to the RNHRD rheumatology therapies department based at the RUH.

RNHRD Rheumatology Therapies offer supported self-management for people diagnosed with FMS. This includes individual assessment with options for online or

face to face self-management group courses, or sign-posting to other, more appropriate, services.

The referral form to RNRHD Rheumatology Therapies, including the relevant inclusion and exclusion criteria, can be found on Ardens and is also available on our website at:

www.ruh.nhs.uk/For_Clinicians/department_ruh/Rheumatology_and_Therapies/documents/Suspected_Fibromyalgia.pdf

The RNHRD Rheumatology Therapies department does not offer a diagnostic service for people with likely fibromyalgia.

Further information

The RCoP link contains a useful brief information sheet for people with FMS. We also recommend the Versus Arthritis webpage for more detailed information on management approaches for FMS, please see the links below.

- RCoP - differential diagnosis, information for clinicians and information for patients
 - www.rcplondon.ac.uk/guidelines-policy/diagnosis-fibromyalgia-syndrome
- Versus Arthritis
 - www.versusarthritis.org/about-arthritis/conditions/fibromyalgia/