

### The multi-disciplinary team:

Specialist physiotherapists and specialist occupational therapists. A dietitian, nurse and expert patients support the Fibromyalgia programmes, dependant on availability

### Further information can be obtained from:

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.

## Royal National Hospital for Rheumatic Diseases

Adult Therapies (Rheumatology)  
**Outpatient Fibromyalgia Self-management  
Programme (FSMP)**

## Fibromyalgia

Fibromyalgia Syndrome is a collection of symptoms which affect the soft tissues, muscles, tendons and ligaments of the body. Widespread pain, non-refreshing sleep, fatigue, poor concentration and memory problems ('fibrofog') are common symptoms. People with fibromyalgia may have more difficulty with daily activities or experience anxiety and/or depression. This may be partly due to the ongoing cycle of pain and fatigue.

Please see FMAUK [www.fmauk.org/](http://www.fmauk.org/) or Versus Arthritis <https://www.versusarthritis.org/about-arthritis/conditions/fibromyalgia/> for more information.

## Diagnosis of Fibromyalgia

The therapy team does not offer a diagnostic service for fibromyalgia. Diagnosis of fibromyalgia can take place in primary care, so please speak to your GP about this.

## Fibromyalgia Self-management Programme

The RNHRD offers a dedicated Fibromyalgia Self-management Programme (FSMP) led by specialist Rheumatology Therapists. This is a Fibromyalgia specific group education and exercise group programme, provided on an outpatient basis. The programme is not a generic pain management programme, and there is no input from psychology.

## What does the programme offer?

- Specialist multi-disciplinary team input
- Education and advice on self-management
- Patient-centred goal setting
- Condition specific education, lifestyle and nutrition advice
- Exercise advice
- Hydrotherapy

## Referrals to the Fibromyalgia Self-management Programme

Referrals are accepted from the Rheumatology team at the RNHRD. Patients with a confirmed diagnosis of fibromyalgia can be referred directly by their GP.

## Who can be referred?

Patients who have a confirmed diagnosis of fibromyalgia using the 2016 American College of Rheumatology diagnostic criteria can be referred.

Patients attending the programme must be prepared to make health and lifestyle changes in order to manage their fibromyalgia.

The programme is not appropriate for those patients needing significant psychological support e.g. moderately to severe anxiety or depression. It is advised that patients have treatment to address these needs first, before attending the programme.

## Pre-course assessment

All patients who are referred to the Fibromyalgia Self-management Programme are assessed by a therapist to identify whether group education is right for them. One-to-one therapy input or referral to other relevant health care professionals may be recommended to people who cannot or choose not to attend the group programme. ***The service does not offer any inpatient or residential fibromyalgia treatment programmes.***

Patient transport is not provided as part of the programme.

To maintain patient confidentiality and support a self-management approach we are not able to accept carers, partners and/or children onto the group programme.