

CNS SPECTRUMS[®]

THE INTERNATIONAL JOURNAL OF NEUROPSYCHIATRIC MEDICINE

**ADVANCES IN THE DIAGNOSIS, PATHOGENESIS,
AND MANAGEMENT OF FIBROMYALGIA SYNDROME**

CME PSYCHCAST™

FIBROMYALGIA SYNDROME: APPROACH TO MANAGEMENT

AUTHOR

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CME 1

ABSTRACT

The management of fibromyalgia syndrome (FMS) has traditionally been multimodal and multidisciplinary, including education, physical modalities, and medication. In this article, an acronym is offered to help the clinician remember the important components of management. An improved understanding of the pathogenesis of FMS has allowed substantial refinements in its treatment. This is particularly true for medications that target specific symptom domains, allowing individualization of therapy. Since all FMS patients experience pain, there has been emphasis on that domain although medications are now available to address two or more domains with monotherapy. In addition, a logical basis is provided to help the clinician design strategic polypharmacy.



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Acknowledgment of Commercial Support

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Faculty Affiliation and Disclosures

I. Jon Russell, MD, PhD, is associate professor of medicine and director of the University Clinical Research Center at the University of Texas Health Sciences Center in San Antonio, editor of the *Journal of Musculoskeletal Pain*, and emeritus founding president of the International MYOPAIN Society.

Dr. Russell is a consultant to and on the advisory boards of Eli Lilly, Jazz, and Pfizer; is on the speaker's bureaus of Ortho-McNeil and Pfizer; and receives research contract support from Eli Lilly, Jazz, Ortho-McNeil, and Pfizer. He is supported, in part, by the RGK Foundation of Austin Texas.

This activity references unlabeled or unapproved uses of duloxetine, pregabalin, and sodium oxybate.

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Peer Reviewer

Eric Hollander, MD, reports no affiliation with or financial interest in any organization that may pose a conflict of interest.

This activity has been peer reviewed and approved by Eric Hollander, MD, Professor of Psychiatry and Chair at Mount Sinai School of Medicine. Review Date: February 15, 2008.

Learning Objectives

At the end of this activity, the participant should be able to:

- Recognize that successful management of the fibromyalgia syndrome (FMS) is possible.
- Recall the components of a multimodal therapy for FMS through a simple acronym.
- Identify successful medications for FMS symptoms by name and mechanism of action.
- Predict which combinations of drugs might be successful based on drug mechanisms of action as well as the individual patient's symptoms.

Needs Assessment

It is commonly stated that fibromyalgia syndrome (FMS) is very difficult to treat. While that has been true in the past, new approaches are available, including mechanism-focused medications. It is now possible to effectively manage the majority of FMS patients, but physicians who have not followed the topic closely will be unaware of these innovations. Increased awareness of the diagnosis predicts an even greater need for effective therapy.

Target Audience

This activity is designed to meet the educational needs of psychiatrists.

Accreditation Statement

This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Mount Sinai School of Medicine and MBL Communications, Inc. The Mount Sinai School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.



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Credit Designation

The Mount Sinai School of Medicine designates this educational activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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To Receive Credit for this Activity

Listen to the Psychcast™, reflect on the information presented, and complete the CME posttest and evaluation form. To obtain credit, you should score 70% or better. Early submission of this posttest is encouraged to measure outcomes for this CME activity. Please submit this posttest by May 1, 2010 to be eligible for credit.

The estimated time to complete this activity is 1 hour.

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CME QUESTIONS

- 1. Which of the following drugs does not function as a serotonin agonist by inhibiting the serotonin transporter (reuptake inhibition)?**
 - A. Amitriptyline
 - B. Tramadol
 - C. Duloxetine
 - D. Pregabalin
- 2. Which of the following analgesic drugs is known to exhibit antidepressant effects?**
 - A. Sodium oxybate
 - B. Duloxetine
 - C. Pregabalin
- 3. Which of the following is true of physical modalities used in management of the fibromyalgia syndrome?**
 - A. Massage has been shown to provide long-term relief after only a few sessions
 - B. Home remedies, such as pacing activities, regular exercise, and moist heat can help considerably
 - C. Professional physical therapy can provide education about optimal use of body mechanics
 - D. B and C
- 4. In the optimal management of the fibromyalgia syndrome, which of the following participants may need an "attitude adjustment"?**
 - A. Patients with the fibromyalgia syndrome
 - B. Primary care physicians
 - C. Family members
 - D. All of the above
- 5. Synergy has been documented in a placebo-controlled clinical trial for which drug combination in the management of the fibromyalgia syndrome?**
 - A. Tramadol and acetaminophen
 - B. Sodium oxybate and duloxetine
 - C. Pregabalin and duloxetine
- 6. Which drugs would seem to be compatible for treatment of the fibromyalgia syndrome based on having different mechanisms of action?**
 - A. Pregabalin and duloxetine
 - B. Oxybate and tramadol
 - C. Tramadol and selective serotonin reuptake inhibitors in high dosage
 - D. A and B



REGISTRATION

MAY 2008 CME QUIZ

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ANSWER FORM

CME PsychCast™ – Fibromyalgia Syndrome: *Approach to Management*

TERMINATION DATE: May 30, 2010

To receive credit, you should score 70% or better (participants will receive certification for their records in approximately 4–6 weeks). Early submission of this posttest is encouraged. Please submit this test by May 1, 2010, to be eligible for credit. If you have any questions about this, or any of our other CME materials, please e-mail CME@mblcommunications.com.

Please circle your answers

1. A B C D 2. A B C 3. A B C D 4. A B C D 5. A B C 6. A B C D

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