



Effective Health Care

Fibromyalgia Treatment

Nomination Summary Document

Results of Topic Selection Process & Next Steps

- Fibromyalgia treatment will go forward for refinement as a systematic review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>.

Topic Description

Nominator: Anonymous individual

Nomination Summary: The nominator expresses an interest in the treatment of fibromyalgia and states that many physicians do not know how to treat the pain associated with the condition. The nominator states that fibromyalgia is associated with other conditions, such as irritable bowel syndrome (IBS), migraines, and insomnia. The nominator is also concerned with adverse side effects of pharmaceuticals used to treat fibromyalgia symptoms.

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Population(s): Patients with fibromyalgia

Intervention(s): Pharmacologic: antidepressants (e.g., tricyclic antidepressants such as amitriptyline, serotonin-norepinephrine reuptake inhibitors (SNRIs) such as duloxetine and milnacipran, and selective serotonin reuptake inhibitors (SSRIs) such as fluoxetine); muscle relaxants (e.g., cyclobenzaprine); simple analgesics; opioid analgesics (e.g., tramadol); anti-inflammatory drugs (NSAIDs); pregabalin; gabapentin; nabilone (synthetic cannabinoid); sodium oxybate; pyridostigmine. Nonpharmacologic therapies: cardiovascular exercise; cognitive behavioral therapy (CBT); massage therapy; lifestyle interventions; mind-body therapies; acupuncture

Comparator(s): Above interventions compared to one another or in combination

Outcome(s): Reduction of pain, limitations in activities of daily living, fatigue, adverse effects from medication; improved sleep, quality of life

Key Questions from Nominator: None

Considerations

- The topic meets all EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Fibromyalgia is a fairly common condition that affects patients' ability to maintain employment and increases sick time away from work. Because the etiology of fibromyalgia is unknown and because risk factors for fibromyalgia are not well-understood, no curative or preventive treatments for fibromyalgia exist. Treatment of fibromyalgia focuses on symptom relief and may include pharmacotherapy, exercise, psychological therapies, and complementary and alternative (CAM) treatments.
- While there are recent systematic reviews that address components of fibromyalgia treatment (e.g., pharmacological, CAM, exercise, or psychological therapies), there is no comprehensive review or guideline that describes the comparative effectiveness of all available treatments for this condition. Therefore, this topic will move forward as a new systematic review.