

**2024 Pain Care Skills Training  
Fibromyalgia in the Department of Defense: A  
Rheumatologists' Perspective.**

**Presented by: COL Jess, D. Edison & LTC Rachel Robbins  
20 AUGUST AM 0730-1030  
Location: NIH Natcher Center, Room**

**Course Description:** This course will enhance the practitioners understanding of fibromyalgia syndrome (FMS) and centralized pain with a review of the neuro-biological underpinnings of fibromyalgia and centralized pain to include epidemiology, genetics, and evolving concepts in FMS. We will review current diagnostic criteria with a focus on the appropriate work-up. Finally, practitioners will be brought up to date with the current evidence base for both pharmacologic and non-pharmacologic and multidisciplinary treatments of FMS with a goal of maximizing the effectiveness of therapies utilized. The unique nature of our practice in the DoD will be highlighted with attention to readiness for Active Duty Servicemembers. Attendees will leave confident in their ability to understand, identify, and manage this complex and challenging condition.

**Learning Objectives:**

- 1) Understand the impact of fibromyalgia on patients and on the healthcare system.
- 2) Understand and apply the mechanisms that are thought to underpin fibromyalgia.
- 3) Apply diagnostic criteria to identify patients with central pain syndromes.
- 4) Identify key features that should prompt rheumatology evaluation.
- 5) Develop evidenced based treatment plans with a goal to utilize in practice.

**AGENDA:**

0730-0820 Neuro-biological underpinnings of fibromyalgia and centralized pain to include epidemiology, genetics, and evolving concepts.

0820-0830 Break

0830-0920 Diagnostic approach to fibromyalgia to include an approach to suspected inflammatory rheumatic disease.

0920-0925

0925-1030 Current concepts in evidence-based therapeutics for fibromyalgia syndrome and impacts in the DoD healthcare system and readiness.