

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

Irritable Bowel Syndrome, Fibromyalgia, and Multisystem Illness: Linking Neurobiology to Effective Diagnosis and Treatment Strategies of Nociplastic Pain Syndromes

Presented by: COL(ret) Jess D. Edison, MD and LTC Rachel Robbins, MD

Offered: 13 August 2025, 1300–1600 PM ET

Location: ZoomGov

Course Description: This course will enhance the practitioners understanding of chronic multisystem illness (irritable bowel syndrome (IBS), fibromyalgia syndrome (FMS), and chronic fatigue syndrome). We will review these chronic conditions through the lens of nociplastic pain with an emphasis on the neuro-biological underpinnings of these conditions to include epidemiology, genetics, and evolving concepts. 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 IBS, FMS, and chronic fatigue 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 Service Members. Attendees will leave confident in their ability to understand, identify, and manage this complex and challenging condition.

Learning Objectives:

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

13 August 1300–1600 PM ET

1300–1400	Neuro-biological Underpinnings of Nociplastic Pain
1400–1500	An Approach to the Diagnosis of Multisystem Illness, or “How do I know I’m not missing something?”
1500–1600	Leveraging Evidence Based Approaches to Improve Symptoms in Nociplastic Pain Syndromes and Mitigate impacts in the DoD Healthcare System and Readiness