

# 2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

## Fibromyalgia and Chronic Multisystem Illness: Linking Neurobiology to Effective Diagnosis and Treatment Strategies of Nociceptive Pain Syndromes

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

**Offered:** 12 August 2026 1300-1600 PM ET

**Location:** ZoomGov

**Description:** This course will enhance the practitioners understanding of Fibromyalgia (FMS) and chronic multisystem illness (irritable bowel syndrome (IBS), fibromyalgia syndrome (FMS), and chronic fatigue syndrome). We will review these chronic conditions through the lens of nociceptive 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 to rule underlying autoimmune disease. Finally, practitioners will be brought up to date with the current evidence base for both pharmacologic and non-pharmacologic and multidisciplinary treatments of FMS and CMI with a goal of maximizing the effectiveness of therapies utilized. The unique nature of our practice in the Military Health System and VA will be highlighted with attention to readiness for Active-Duty Service Members and care of the Veteran. Attendees will leave confident in their ability to understand, identify, and manage this complex and challenging condition.

**Learning Objectives:** Upon completion of this workshop, participants will be able to:

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

### **12 August 2026; 1300-1600 PM ET**

1300 The Patient and Practitioner Must Understand the Neuro-biological Underpinnings of Nociceptive Pain.

1430 An Approach to the Diagnosis of Multisystem Illness, or “How do I know I’m not missing Lupus?”

1530 Leveraging Evidence Based Approaches to Improve Symptoms in Nociceptive Pain Syndromes and Mitigate impacts in the Military Healthcare System and Readiness.