

Fibromyalgia australia

Introduction to Fibromyalgia Cycle of Care

What is a Cycle of Care?

A cycle of care is a checklist for reviewing a health condition for management and general health. It is important to do a regular cycle of care to identify any health concerns early and discuss the best treatment options with patients.

The checklist contains core topics from generic chronic disease lifestyle management programs adapted specifically for use with Fibromyalgia patients. It provides a useful

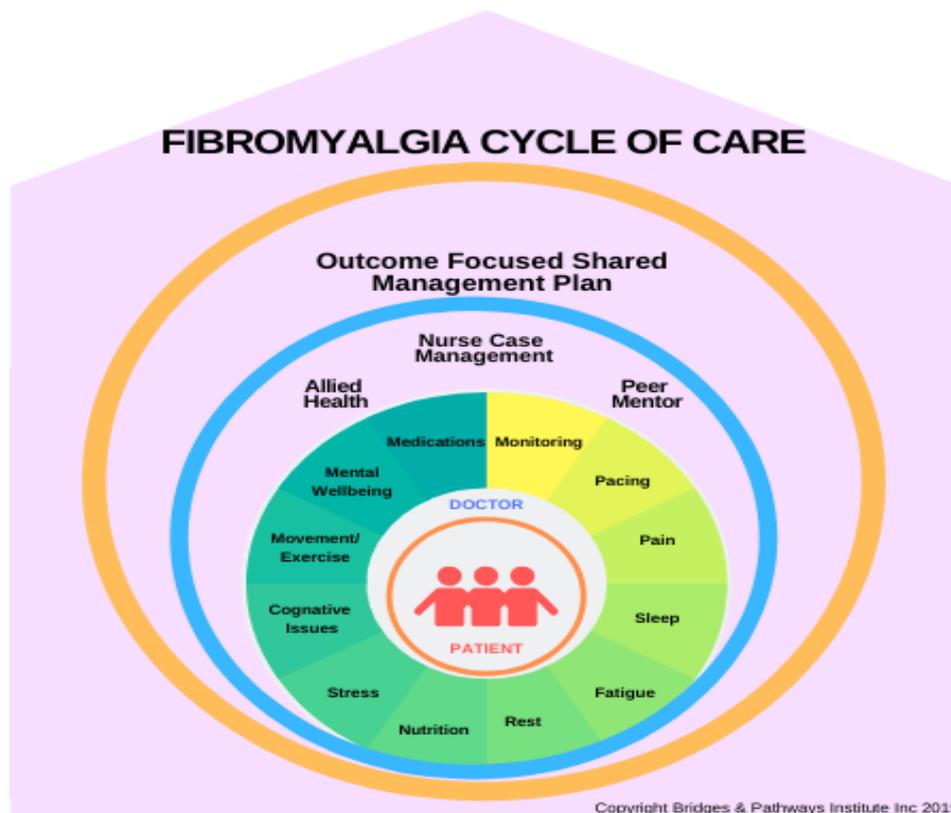
Cycle of Care Patient Participation

Below is a summary for each Fibromyalgia Cycle of Care focus area where patients are encouraged to learn more and participate in their own care.

Monitoring

Monitoring involves keeping a record of your lifestyle, treatments and symptoms for both yourself and your doctor.

*See Fibromyalgia Easy Guides:
Monitoring 1 – Introduction*



management tool for Case Managers and patients to demonstrate they are proactively managing and coordinating Fibromyalgia multi system care over the 12-month Care Plan.

*Monitoring 2 – What, When and How to Monitor
Monitoring 3 – Monitoring Tools*

The order that the Fibromyalgia Cycle of care is delivered depends on each patient's priorities, needs, and their individually tailored Medicare Care Plan.

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Pacing

Pacing is not about doing less, but about the planned management of your daily activities to achieve the best lifestyle with your body's capabilities.

*See Fibromyalgia Easy Guides:
Pacing 1 - Beginning Pacing
Pacing 2 – Recovery and Healing
Pacing 3 – The Pacing Lifestyle*

Pain

Unmanaged pain can create a cycle of worsening of other Fibromyalgia symptoms, so it is important to break the pain wind-up cycle at any of the cycle steps.

See Fibromyalgia Easy Guide: Pain

Sleep

Refreshing sleep is a priority for healing and the prevention of the downward cycle.

*See Fibromyalgia Easy Guide:
Sleep and Fibromyalgia*

Fatigue

Manage fatigue by planning ahead, prioritising, pacing, reducing stress, and reviewing sleep, pain, movement and diet management.

*See Fibromyalgia Easy Guides:
Fatigue 1
Fatigue 2 – Minimising Relapses*

Rest

Planned rest breaks every day can help reduce symptoms and increase stability and reduce total rest time.

See Fibromyalgia Easy Guide: Rest

Nutrition

Dietary changes can reduce Fibromyalgia symptoms and help stabilise the condition.

See Fibromyalgia Easy Guide: Nutrition

Stress/Stressors

Understand the 'stress loop' and the connection to worsening symptoms / symptom cycle

*See Fibromyalgia Easy Guide:
Managing Stress*

Cognitive Issues

Cognitive issues (e.g. 'brain fog', forgetfulness, confusion) are an everyday part of Fibromyalgia.

*See Fibromyalgia Easy Guide:
Cognitive Issues in Fibromyalgia*

Movement/Exercise

Research points to benefits from exercise for managing symptoms.

Start low, go slow and build up slowly.

*See Fibromyalgia Easy Guides:
Exercise 1 – What you can do
Exercise 2 – Notes from a Personal Trainer*

Mental Health & Wellbeing

Focus on health and wellbeing and what is possible.

*See Fibromyalgia Easy Guide:
Mental Health & Wellbeing*

Prescriptions & Complementary Medications

Keep a record of all your prescribed and supplementary medications. Introduce new medications/vitamins one at a time to monitor benefit.

*See Fibromyalgia Easy Guide:
Prescriptions / Complementary
Medications*

Allied Health Referrals

Plan best use of allied health services through the GP Management Planning and Team Care Arrangement process.

*See Patient Leaflet 8 Working with your
Healthcare Team*

Services available

Community Groups, Education and Networking:

*See Fibromyalgia Easy Guide:
Community Groups/ Education and
Networking*