"FIBRO WHEEL": A VISUAL TOOL PROPOSAL FOR FOLLOW-UP OF PATIENTS WITH FIBROMYALGIA

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BACKGROUND

Fibromyalgia is a painful amplification syndrome characterized by diffuse chronic pain associated with fatigue, mood disturbance, non-repairing sleep and cognitive impairment. The etiology is still unknown, but there is evidence of the involvement of physical, emotional and genetic factors, requiring multidisciplinary treatment to improve the various aspects of the patient's life. For evaluation and follow-up of the patients, the most commonly used tools are the analogue visual scales. In some cases, questionnaires may be used to analyze the impact of the disease on the patient's daily life; however, the extent and complexity make it difficult to use in clinical practice. The present work proposes the use of a new visual tool in an attempt to aid in the sizing of the patient's symptoms at diagnosis and during the course of treatment.

MATERIALS AND METHODS

A review of the literature (Pubmed, Medline, Up to Date) and evaluation of EULAR 2016 recommendations for the management of fibromyalgia were carried out. In a second phase were defined the important variables in the treatment of the patient that would be used in the construction of the tool. The model was developed based on visual tools used in the area of psychology.

RESULTS

The variables selected after the literature review were: physical activity, emotions, leisure, sleep quality, work satisfaction and pharmacological treatment. The graduation from the patient's perception was classified as poor, moderate or good, with associated color scale and illustrations to facilitate understanding. The proposal suggests that there be a marking in the "bad, moderate or good" fields in each of the variables. In this way it allows a global dimensioning of which aspects should be improved in the treatment as well as allows the subsequent comparison after interventions

The final model can be seen in figure 1.

Figure 1: Fibro Wheel

CONCLUSION

We present a proposal for an easy-to-use visual tool that includes essential aspects in the treatment of patients with fibromyalgia that should be tested and validated. Other evaluation instruments that contribute to the patient's self-perception about the various aspects that permeate his clinical condition should be stimulated.