

CLINIC LOCATION

This program is offered at the **Michael G. DeGroot Pain Clinic** within the **McMaster University Medical Centre** located at:

1200 Main Street West, Hamilton, Ontario L8N 3Z5
Yellow Section, 4th Floor
T: 905-521-2100 ext. 44621 F: 905-577-8022
www.hhsc.ca/pain

Please visit the hospital website at www.hamiltonhealthsciences.ca for directions and parking.

REFERRAL INFORMATION

PLEASE NOTE:

A referral from your community doctor is required.

All patients must attend an orientation and assessment to determine their suitability for the program.

The referral form and additional forms that need to be completed can be found on our website at:

www.hhsc.ca/pain

ADDITIONAL RESOURCES

www.fmguidelines.ca

www.fibroandpain.org | www.arthritis.ca

www.niams.nih.gov/health-topics/fibromyalgia

FIBROMYALGIA MANAGEMENT PROGRAM

WHAT IS FIBROMYALGIA?

Fibromyalgia is a pain condition of the central nervous system characterized by multi-site body pain including pain in multiple joints, back, neck, and face.

5% of women and 2% of men in the general population have fibromyalgia.

The Simple Facts

It is the most common cause of musculoskeletal pain in women ages 20-55.

Symptoms of fibromyalgia include widespread pain, overwhelming fatigue, nonrestorative sleep, cognitive difficulties, anxiety, and depression.

There is no cure for fibromyalgia. There are also no single medication strategies that work.

International guidelines have identified that an interdisciplinary approach to fibromyalgia is the only approach that can reduce symptoms.

The gold standard for fibromyalgia management is to reduce your symptoms and improve your quality of life based on your individual goals.

Here at MGD Pain Clinic, our goal is to provide you with the skills, knowledge, and tools to increase your function and improve your quality of life.

The patient must be at the center of this approach and must have treatment goals

Program Treatments

- Pathophysiology of Fibromyalgia
- Learn foundations of self-management
- Importance of fitness & proper body mechanics
- How chronic pain impacts sleep & the role of medication
- Role of nutrition in symptom management
- Relationship between gut health & pain
- How your thinking impacts the way you feel
- The importance of goal setting in improving your quality of life
- How to pace & modify your daily activities
- Managing trauma & building resilience

Program Structure

The program consists of group-based educational classes

6-8 patients in a group

The program runs twice per week (Mondays & Thursdays) for 6 weeks with approximately 3.5 hours for each session

Treatment Team

The Michael G. DeGroote Pain Clinic is a clinic that delivers interprofessional programs. Such a program is made up of different health care professionals working together at the same time. These professionals all share the same philosophy regarding the treatment of chronic pain. They work together to teach you strategies to deal with your chronic pain condition. The staff you will be working with while you attend this program are:

- Nurse Practitioner
- Pharmacist
- Psychologist
- Physiotherapist
- Dietitian
- Occupational Therapist
- Social Worker