

Pre diagnosis

During diagnosis

Supported self-management

EMOTIONAL SUPPORT

COMMUNITY SUPPORT

GP BASED CARE

HOSPITAL BASED CARE

HOW MIGHT WE ...?

**EARLY SUPPORT TO MANAGE SYMPTOMS**

People would value support for managing physical symptoms and emotional impact due to uncertainty when waiting for a diagnosis. This can be an opportunity to introduce a single point of care/coordinator who can be reliable support for the person throughout their care journey

**VALIDATION AND REASSURANCE**

Acknowledging and validating people's symptoms and experiences of FND as real and offering reassurance play a key role in acceptance of diagnosis and progress towards supported self-management

**TRAUMA-INFORMED SUPPORT**

Allowing sufficient time to get to know the person and their history, including social and emotional aspects, to identify and support people who have experienced trauma.

**PSYCHOEDUCATION**

Implementing psychoeducation in the early stages, with the option to self-refer to regular sessions.

**OFFER ONLINE CBT**

Offering guided self-help such as online CBT courses while people are waiting for a psychology appointment.

**EARLY PEER SUPPORT AND EDUCATION**

Peer support groups organised by community-based teams to aid understanding of FND soon after diagnosis and to help with identifying strategies for managing the condition

**SUPPORT FOR FAMILY AND PEERS**

Support for family members and friends to understand the experience and impact of the condition on the person and how best to support them.

**FIRST APPOINTMENT - UNDERSTANDING THE PERSON AS A WHOLE**

Someone presenting with multiple symptoms will need a longer consultation and an understanding of what is happening in the person's life (in their home/social environment) rather than only what is visible immediately in front of them

**BUILDING A RELATIONSHIP**

This is important for supporting the person through their diagnosis and for ongoing care following this

**HELPING PATIENTS NAVIGATE THE SYSTEM**

Resources such as leaflets to help patients understand the referral process.

**NEW TOOLS FOR DIAGNOSIS**

Developing triage and screening tools to support diagnosis and build confidence in GPs to make a diagnosis without unnecessary investigations.

**BUILDING CONFIDENCE IN GPs**

Ensuring the support and resources are in place to empower the GP to confidently diagnose and manage fibromyalgia patients in primary care.

**'TWIN-TRACK' APPROACH**

Adapting a 'twin-track' approach to assessing and offering support for managing physical symptoms of fibromyalgia and addressing mental health needs.

**COORDINATION AND CONSISTENCY OF CARE**

Integrated care between primary and secondary care services, and a joint approach to care for physical and mental health through multi-disciplinary working, along with a key person (potentially a PD specialist) identified as care coordinator. The coordinator will work together with the person to identify their goals and appropriate services/support informed by these

**MULTI-DISCIPLINARY APPROACH TO CARE**

Integrated care between primary and secondary care services, and joint approach to care for physical and mental health through multi-disciplinary working

**STRENGTHEN COMMUNITY-BASED SUPPORT**

Involving AHPs and OTs to support the GP, and involving link workers to connect people with mental health issues to third sector organisations who offer support.

How might support GPs to see the 'big picture' when people present at crisis points?

How might we support the GP to confidently raise the subject of mental health and support with people who only want to focus on the physical symptoms?

How might we ensure equity of care pathways and services offered regardless of which professional the person sees?

How might we enable the person to move forward with support to self-managing symptoms prior to a diagnosis/label?

How might we develop/adapt roles and services to enable early forms of support to people waiting for a diagnosis?

How might we support health professionals who may be feeling helpless or stressed when trying to support people's health anxieties and not knowing how to help?

How might we ensure the approach is adaptable to tailor to the experience and needs of the person?

How might we raise awareness of fibromyalgia and its impacts among health professionals and peers?