



Fibromyalgia: Easing Pain by Reducing Stress

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Friday 11/20/2020

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Goal: To alleviate pain in female adult population in the Elgin, IL area by educating them about ways to manage stress and negative emotions.

Condition: Fibromyalgia is a chronic health condition that has many symptoms including widespread pain all over the body, sleep problems, fatigue, as well as emotional and mental anguish.

Problem statement

Fibromyalgia is a chronic condition that affects about 3% of the U.S.A population and 3-6% of the worldwide population. It is more common in women, but also touches men and children across various ethnic groups. It carries a big economic burden that can reach \$ 13,000 per person as well as societal and personal burden. Stress and negative emotions can exacerbate the condition, however, educating people with this condition about stress management can have a positive impact on fibromyalgia patients. Examples of stress management education programs include emotional awareness and expression therapy, cognitive behavioral therapies, and several forms of stress management strategies such as mindfulness, yoga, and physical activities.

Factors that influence the problem behavior

- Predisposing factors

- Negative self-image and body image perception, which lead to low self-esteem and perceived self-efficacy. ¹
- Negative events, stressful environments, or physical / emotional traumas.

- Enabling factors

- Lack of positive effective awareness programs to manage stress and negative emotions. ²
- Lack of knowledge and skills in managing stress and negative emotions. ³
- Lack of tailored plans for managing stress and negative emotions.

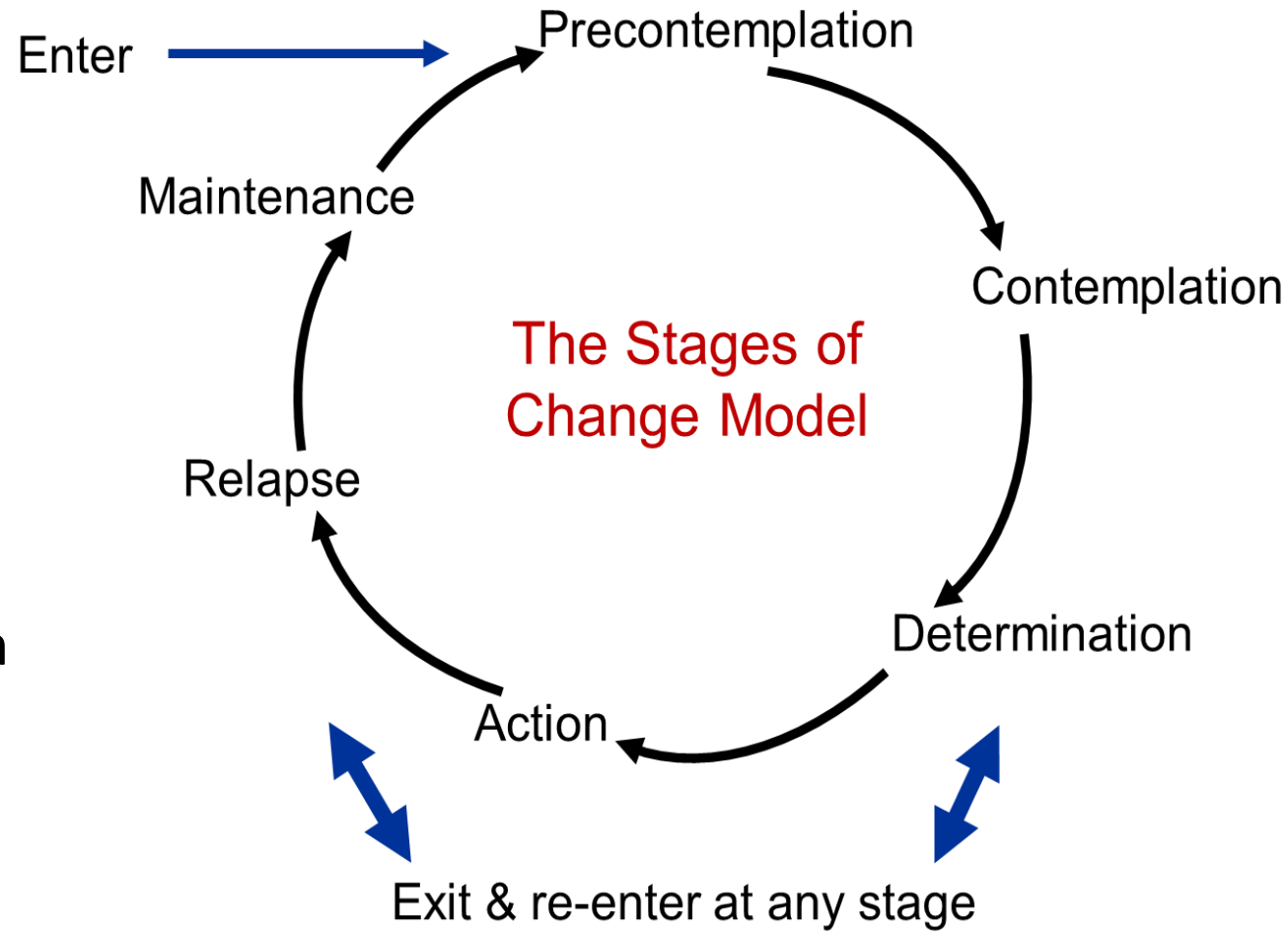
- Reinforcing factors

- Experiencing less overall body pain.
- Enjoying a more productive and thus fulfilling life.
- Having a support group to help keep fibromyalgia patients motivated and on the right track towards self-care.

References:

¹ Galvez-Sánchez et al. , 2019 ; ² Davis MC et al. , 2001 ; ³ Hui AL et al. , 2014

Theory: The Transtheoretical Model (TTM)



- **Key Stages:**
- Contemplation
- Determination

Educational session – Gain attention

- **Medium 1: Flyer** “Effects of Stress and Negative emotions on Fibromyalgia”

- **Learning objective 1 (domain: Awareness):**

In an end-of-session survey, 90% of the audience will acknowledge the effects stress and negative emotions have on the symptoms of fibromyalgia.

➤ **Measure: (Survey)** This would be measured by three “yes/no” and multiple-choice survey questions that ask:

- How stress affects the body
- Whether it intensifies fibromyalgia’s symptoms
- How to manage it

Effects of Stress and Negative Emotions on FM Patients

Stress is a key factor leading to fibromyalgia. Continued stress aggravates the symptoms. The glands and organs in the human body that release important chemicals to control the blood pressure and the heart rate are negatively impacted during stressful periods. Furthermore, the damage to the nervous system is long lasting.

As a result, fibromyalgia patients suffer from an ever-worsening episodes of fatigue, and anxiety that last with them much longer than individuals that do not have this condition. To reduce the pain, fibromyalgia patients can greatly benefit from lowering their stress levels and negative emotions by using physical and psychological relaxation techniques.



<https://www.livinginwellbeing.org/chronic-fatigue-syndrome-fibromyalgia-and-the-stress-spiral/>

Educational session – Present stimulus material

- **Method 1: Short lecture**
- **Learning objective 2 (domain: Knowledge)**

In an end-of-session survey, 90% of the audience will be able to name one physical activity and one dietary habit, and list one replacement to salt that will help in reducing stress and negative emotions.

- **Measure: (Survey)** This would be measured by three questions regarding reducing stress and negative emotions:
 - Naming one physical activity
 - Naming one dietary habit
 - Naming one replacement to salt

Ways to Manage Stress

- Be observant
- Talk to your health care provider or a health professional
- Get regular exercise
- Try a relaxing activity
- Set goals and priorities
- Stay connected
- Consider a clinical trial



<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

Educational session – Provide guidance

- **Method 2: Interactive demonstration**

- **Learning objective 3 (domain: Skill)**

In an end of the session survey, 90% of the audience will be able to answer two safety questions regarding the triangle, and downward dog yoga poses, and a third question to name one mental exercise that reduces stress and negative emotions

➤ **Measure: (Survey)** This would be measured by three questions:

- Taking safety measures during the triangle pose
- Taking safety measures during the downward dog pose
- Naming one mental technique that reduces stress

Educational session: Elicit performance and provide feedback

Medium 2: Poster with three yoga poses

Learning objective 4 (domain: Attitude)

In an end-of-session survey, 80% of the audience will be able to state that they would, twice a week, incorporate in their lives one physical exercise, one mental exercise, and include one dietary habit that will reduce stress and negative emotions.

- **Measure:** (Survey) three questions asking whether the audience will consider behavioral changes after the educational session to:
 - Incorporate one physical exercise twice a week
 - Incorporate one mental exercise twice a week
 - Change one dietary habit

Poster

Downward Dog
Adhi Mukha Svanasana



<https://www.yogaoutlet.com/blogs/guides/how-to-do-downward-facing-dog-in-yoga>

Triangle Pose
Utthita Trikonasana



<https://www.yogaoutlet.com/blogs/guides/how-to-do-triangle-pose-in-yoga>

Warrior I
Virabhadrasana I



<https://fitmw.com/10yoga-fat-loss/3/>

Educational session: Enhance retention and transfer

Medium 3: Handout “Three New Things I learned”

1 | Set goals and priorities.

Decide what must get done now and what can wait.

Learn to say “no” to new tasks if you start to feel like you’re taking on too much.

Be mindful of your accomplishments. ¹

2 | Get regular exercise.

Just 30 minutes per day of walking can help boost your mood and improve your health ¹

¹
https://www.nimh.nih.gov/health/publications/stress/19-mh-8109-5-things-stress_142898.p

3 | Power up your diet

Add green salad to your meal

Eat fresh fruit as a snack

Avoid processed food it is high in sodium content. ²

²
<https://fmaware.net/power-up-your-diet/>

The image features a dynamic and colorful background of paint splatters. The colors transition from purple and blue on the left, through green and yellow in the center, to red and orange on the right. The splatters are of various sizes and densities, creating a textured, energetic feel. Centered over this background is the text "Thank You!" in a clean, white, sans-serif font. The exclamation point is notably large and bold, adding emphasis to the message.

Thank You!