

Fibromyalgia: From Diagnosis To Treatment

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CME Test Questions

1. Which of the following symptoms are NOT typically seen in patients with fibromyalgia?
 - a. Chronic pain
 - b. Fatigue
 - c. Joint effusions
 - d. Sleep disturbances
 - e. Cognitive difficulty

2. Which of the following neurotransmitters has been implicated in the pathophysiology of fibromyalgia?
 - a. Substance P
 - b. Glutamate
 - c. Norepinephrine
 - d. Serotonin
 - e. All of the above

3. In addition to widespread musculoskeletal pain, the American College of Rheumatology criteria for the diagnosis of fibromyalgia include what other feature?
 - a. At least 11 out of a possible 18 “tender points”
 - b. Depression
 - c. Family history of fibromyalgia
 - d. At least 16 out of a possible 18 “tender points”

4. A 27 year-old female with a past medical history of anxiety presents to your office complaining of diffuse pain and fatigue for the past 2 weeks. On musculoskeletal examination, you note warm, swollen joints and a malar rash. Which of the following would NOT be an appropriate next step in her management?
 - a. Consultation with a rheumatologist
 - b. Laboratory testing, including CBC, chemistry panel, and ANA
 - c. Diagnose fibromyalgia and begin treatment with a tricyclic antidepressant
 - d. All of the above are appropriate

5. Of the following non-pharmacologic treatment options for fibromyalgia, which has the best evidence to support its use?
 - a. Aerobic exercise
 - b. Massage
 - c. Cognitive behavioral therapy
 - d. Patient education
 - e. A, C, and D

6. Fibromyalgia occurs only in females.
 - a. True
 - b. False

7. Which of the following comorbidities is often seen in patients with fibromyalgia?
 - a. Depression and anxiety
 - b. Rhabdomyolysis
 - c. Metabolic syndrome
 - d. None of the above

8. Of the following categories of medications, which do NOT have efficacy in patients with fibromyalgia?
 - a. NSAIDs
 - b. Tricyclic antidepressants
 - c. Dual serotonin-norepinephrine reuptake inhibitors
 - d. Alpha 2 delta ligands

9. A 41 year-old female patient with fibromyalgia presents to your office complaining of persistent pain and fatigue 6 weeks after you initiated treatment with a dual serotonin-norepinephrine reuptake inhibitor. Which of the following would NOT be an appropriate next step in the management of this patient?
- a. Increase the dose of the medication
 - b. Add an additional medication from a different drug class
 - c. Educate the patient regarding the chronic nature of fibromyalgia
 - d. Encourage the patient to engage in aerobic exercise
 - e. Prescribe a short course of prednisone
10. Current research supports the role of which of the following mechanisms in the pathophysiology of fibromyalgia?
- a. Exaggerated response to rickettsial infection
 - b. Auto-antibodies
 - c. Disregulation of ascending and descending pain pathways
 - d. None of the above

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