

# Generalized pain disorders

(February 2017)

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## Rationale

Complaints of non-articular generalized pain are common, often chronic and can be difficult to manage.

## Causal Conditions

(list not exhaustive)

- Fibromyalgia / Chronic fatigue syndrome
- Polymyalgia rheumatica (PMR)
- Mental health disorders (e.g., depression, somatic symptom disorders)

## Key Objectives

Given a patient with a generalized pain disorder, the candidate will differentiate articular from non-articular pain, diagnose the cause, severity, and complications, and will initiate an appropriate management plan.

## Enabling Objectives

Given a patient with generalized pain disorder, the candidate will

- list and interpret critical clinical findings, including
  - a. findings on history and physical examination which
    1. differentiate fibromyalgia from other generalized pain syndromes and specific articular disease;
    2. suggest other pain syndromes which may be associated with serious complications;

- a. PMR and temporal arteritis;
  - b. Depression and suicide;
- list and interpret appropriate investigations (e.g., erythrocyte sedimentation rate, temporal artery biopsy), including
    - a. recognizing that many generalized pain disorders are associated with normal investigations;
  - construct an effective initial management plan appropriate for the working diagnosis, including
    - a. when appropriate, take a multidisciplinary approach (e.g., physiotherapy, psychosocial support);
    - b. determine if the patient requires specialized care.