

Generalized pain disorders

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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.