

4-1-2019

## Appraisal of Clinical Practice Guideline: EULAR revised recommendations for the management of fibromyalgia

Vanitha Arumugam  
*Hand and Upper Limb Centre*

Joy C. MacDermid  
*Hand and Upper Limb Centre*

Follow this and additional works at: <https://ir.lib.uwo.ca/boneandjointpub>



Part of the [Medicine and Health Sciences Commons](#)

---

### Citation of this paper:

Arumugam, Vanitha and MacDermid, Joy C., "Appraisal of Clinical Practice Guideline: EULAR revised recommendations for the management of fibromyalgia" (2019). *Bone and Joint Institute*. 1358.  
<https://ir.lib.uwo.ca/boneandjointpub/1358>



## Appraisal

## Appraisal of Clinical Practice Guideline: Interventions to Prevent Falls in Community-Dwelling Older Adults: U.S. Preventive Services Task Force Recommendation Statement

**Date of latest update:** April 2018. **Patient group:** Community-dwelling older adults aged  $\geq 65$  years without known osteoporosis or vitamin D deficiency. **Intended audience:** Clinicians who manage older adults at risk of falls, and older adults at risk of falls. **Additional versions:** The current version is an update of the 2012 U.S. Preventive Services Task Force recommendation on the prevention of falls in community-dwelling older adults. **Expert working group:** The U.S. Preventive Services Task Force comprising medical doctors, a registered nurse and clinical psychologist. **Funded by:** The U.S. Preventive Services Task Force is an independent, voluntary body; however, it is supported by the Agency for Healthcare Research and Quality. The Agency for Healthcare Research and Quality staff had no role in approving the final recommendations. **Consultation with:** A draft version was posted for public comment on the U.S. Preventive Services Task Force website from 26 September 2017 to 24 October 2017. **Location:** The guidelines and links to additional documents are available at: <https://jamanetwork.com/journals/jama/fullarticle/2678104>.

**Description:** This guideline and associated systematic review (<https://jamanetwork.com/journals/jama/fullarticle/2678103>) aim to assess the effectiveness and harms of interventions used in primary

care to prevent falls and fall-related morbidity and mortality in community-dwelling adults aged  $\geq 65$  years without osteoporosis or vitamin D deficiency. The guideline is an update on the 2012 recommendations. The focus of the guideline is on summarising the evidence and providing recommendations for exercise interventions, multifactorial interventions, and vitamin D supplementation. Other interventions such as environmental modification, medication management and psychological interventions are briefly discussed, but the lack of available literature limited any definitive conclusions. For each recommendation provided the level of certainty is rated as high, moderate or low. The guideline is highly relevant to physiotherapists working with community-dwelling older adults.

**Provenance:** Invited. Not peer reviewed.

**Mark Hancock**  
Macquarie University, Australia

<https://doi.org/10.1016/j.jphys.2019.01.001>

## Appraisal of Clinical Practice Guideline: EULAR revised recommendations for the management of fibromyalgia

**Date of latest update:** May 2015. **Date of next update:** Within the next 5 years. **Patient group:** Patients diagnosed with fibromyalgia. **Intended audience:** All clinicians (medical doctors, physiotherapists, nurse practitioners, occupational therapists, kinesiologists, psychologists) who treat fibromyalgia. **Expert working group:** The Expert Panel comprised 18 clinicians, from 12 European countries, with expertise in rheumatology, internal medicine, pain medicine, and epidemiology. The aim was to review the evidence and formulate recommendations for fibromyalgia. **Funded by:** European League against Rheumatism (EULAR) **Location:** The guidelines and additional documents are available at: <https://doi.org/10.1136/annrheumdis-2016-209724>.

**Description:** This practice guideline is a journal article that provides evidence and recommendations surrounding fibromyalgia-related pain, and an overall summary of evidence behind the different interventions used. This replaces the previous guideline published in 2008. The quality of the included studies was evaluated by using Assessing the Methodological Quality of Systematic Reviews (AMSTAR) tool. The article includes tables outlining the recommendations. The Grading of Recommendations Assessment, Development and

Evaluation system was used for making these recommendations on a four-point scale: strong for/weak for/weak against/strong against or use only for research. Recommendations for assessment and treatment are provided and backed up by strong evidence. The authors compared the current document with previous guidelines and outlined the differences. This practice guideline provides evidence to support different pharmacological and non-pharmacological approaches to manage fibromyalgia. The clinical practice guideline carries relevant information for physiotherapy practice, especially the recommendations covering assessment of pain and function, and non-pharmacological first-line treatment in the management of fibromyalgia.

**Provenance:** Invited. Not peer reviewed.

**Vanitha Arumugam and Joy C MacDermid**  
Clinical Research Laboratory,  
Roth-MacFarlane Hand and Upper Limb Centre,  
St. Joseph Health Centre,  
University of Western Ontario, London, ON, Canada

<https://doi.org/10.1016/j.jphys.2019.01.003>