


Fibromyalgia and Chronic Fatigue Syndrome Treatment Plan

Date:



REFERRAL TO THE COMPLEX CHRONIC DISEASES PROGRAM (CCDP) AT BC WOMEN'S HOSPITAL

- ☐ Already on CCDP wait list
- ☐ Refer to the CCDP.

Please note: the wait list is 1 ½ to 2 years.
You will receive a letter from the CCDP once your referral has been received.

EDUCATION

- ☐ Central Sensitivity Syndromes 1-page summary: HANDOUT 1
- ☐ Education is a major component for coping with these chronic illnesses. See web-based resources at BC Women's Hospital: HANDOUT 2

bcwomens.ca / Health Info / Living with Illness Living with Complex Chronic Disease / Helpful Resources

FAMILY & FRIENDS EDUCATION SESSION

- ☐ Because this is an invisible illness that is difficult to understand, you, your family, and your friends are invited to participate in a 2-hour family and friends' session. The session is offered about five times per year in person in Vancouver. Once a year (spring) it is offered as a webinar.

To register contact: infoccdp@cw.bc.ca

PACING

- ☐ Pacing and living inside one's energy envelope are the foundation of self-management and treatment. See web-based resources to learn about these: HANDOUT 3.

GROUP

- ☐ Consider doing an on-line group through the *CFIDS & Fibromyalgia Self-Help* web site:

www.cfidsselfhelp.org/online-courses

DIET

- ☐ Low inflammatory diet to help with pain: HANDOUT 4
- ☐ Dietician: Jennifer Hasiuk: jenhasiuk@gmail.com Skype/phone appointments (not covered by MSP)
- ☐ Low FODMAPs to help with IBS
 - See BC Women's website: recommended websites for IBS

IBS:

- ☐ Probiotic (with bifidobacterium, e.g., Align): 1 tab per day available OTC

IBS-C:

- ☐ Psyllium (e.g., Metamucil); start ½ – 1 tbsp daily; increase to TID as tolerated; provide information sheet

POTS:

- ☐ Salt: 9 g (1 tsp) per day; ¼ tsp QID in 1 cup of liquid; provide handout

TRIGGER POINT INJECTIONS

To help with pain and muscle tightness:

- ☐ Muscle MD Clinic (Vancouver): musclemd.ca
- ☐ Myo Clinic (Victoria): www.myoclinic.ca
- ☐ If available locally
- ☐ IMS is an alternative but not covered by MSP

SLEEP

- ☐ Sleep hygiene: HANDOUT 5
- ☐ Melatonin: start with 1 - 3 mg, 2-3 hrs before bed (Max: 5 – 10 mg)

MEDICATIONS

SUPPLEMENTS

- ☐ NONE suggested (+/- reason):

CFS & FM:

- ☐ **Co-enzyme Q** 200 mg 3 x per day
- ☐ **D-Ribose** 5 g twice a day
- ☐ **Magnesium Malate** 250 mg 4 x per day
- ☐ **NADH** 10 – 20 mg daily
- ☐ **Vitamin D** 2000 IU daily

IBS bloating and pain:

- ☐ **Iberogast** (STW 5): 20 drops three times daily (before or during meals)
- ☐ **Enteric-coated oil of peppermint**: 200 – 250 mg twice a day (depending on brand)

OTHER TREATMENTS NOT COVERED BY MSP

- ☐ Counselor who specializes in chronic disease management: Meagan Maddocks, Vancouver, 778-887-9665
- ☐ Occupational therapist who specializes in CFS and FM: Karen Gilbert, Vancouver, (604) 670-5975
- ☐ Naturopath for help with mitochondrial health: telehealth visits available
 - Dr. Gaetano Morello
 - Phone: 604-925-2560 Fax: 604-925-2567 Toll Free: 1-877-925-2560
 - www.westvanwellness.com