

DIAGNOSIS AND TREATMENT OF FIBROMYALGIA 3 Hr EXAM STUDENT VERSION

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Question 1

1. Fibromyalgia is a condition in which an individual or patient experiences long-term pain and tenderness in the muscles, joints, tendons, and other soft tissues.

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- ☐ True
- ☐ False

Question 2

2. Fibromyalgia is a form of arthritis.

- ☐ True
- ☐ False

Question 3

3. The cause of fibromyalgia is known and it can be treated and managed effectively.

- ☐ True
☐ False

Question 4

4. Common symptoms of fibromyalgia include _____. Select all that apply.

- A. Pain and stiffness throughout the body**
B. Headaches
C. Tiredness
D. None of the above

- ☐ A
☐ B
☐ C
☐ D

Question 5

5. There is a cure for fibromyalgia, which heals the patients, but the process is very slow.

- ☐ True
☐ False

Question 6

6. Common symptoms of fibromyalgia include _____. Select all that apply.

- A. Fatigue**
B. Depression
C. Anxiety
D. Problems with thinking and memory.

- ☐ A
☐ B
☐ C
☐ D

Question 7

7. It is recommended that adults avoid physical activities as this will worsen fibromyalgia signs and symptoms.

- ☐ True
- ☐ False

Question 8

8. Physician often treat fibromyalgia with a combination of treatments such as _____. Select all that apply.

- A. Aerobic exercise.**
- B. Muscle strengthening exercise.**
- C. Medications.**
- D. Patient education classes.**
- E. None of the above**

- ☐ A
- ☐ B
- ☐ C
- ☐ D
- ☐ E

Question 9

9. Which of the stress management techniques can be helpful for individuals with Fibromyalgia?

- A. Massage**
- B. Meditation**
- C. Vigorous exercise**
- D. Yoga.**

- ☐ A
- ☐ B
- ☐ C
- ☐ D

Question 10

10. According to the CDC, some of the other factors that are not yet confirmed but have been "weakly" associated with the onset of fibromyalgia include _____. Select all that apply.

- A. Trauma or stressful events, for example car accidents, post-traumatic stress disorder (PTSD),**
- B. Family history**
- C. Viral infections / illness**
- D. None of the above.**

- ☐ A
- ☐ B
- ☐ C
- ☐ D

Question 11

11. Women are twice as likely to have fibromyalgia than men.

- ☐ True
- ☐ False

Question 12

12. Some other factors that are not yet confirmed but have been “weakly” associated with the onset of fibromyalgia repeated injuries such as injuries from repetitive stress on the joints (such as bending the knee frequently) and obesity.

- ☐ True
- ☐ False

Question 13

13. Laboratory tests can be helpful in diagnosing conditions with symptoms that are similar to fibromyalgia; conditions such as rheumatoid arthritis, thyroid disease, lupus.

- ☐ True
- ☐ False

Question 14

14. According to the American College of Rheumatology (ACR) criteria, an individual would be considered to have fibromyalgia if that individual met the following _____. Select all that apply.

- A. The individual has been experiencing pain and symptoms over the past week, which is based on the total of the following; the number of painful areas/ sites out of nineteen parts of the body**
- B. The level of severity of the following symptoms; fatigue, waking and feeling unrefreshed.**
- C. Cognitive problems (problems with memory or thought).**
- D. The symptoms have been present at a similar severity level for at least three months.**
- E. The individual does not have another disorder that would explain the pain.**

- ☐ A
- ☐ B

- ☐ C
- ☐ D
- ☐ E

Question 15

15. Complete blood count (CBC) checks for anemia which is a possible cause of fatigue (feeling tired) and weakness.

- ☐ True
- ☐ False

Question 16

16. Adults who have fibromyalgia are more than three times more likely to have major depression than adults who do not have fibromyalgia.

- ☐ True
- ☐ False

Question 17

17. Death rates from suicide and injuries are lower among patients with fibromyalgia, but overall mortality among adults who have fibromyalgia is similar to the general population.

- ☐ True
- ☐ False

Question 18

18. Women with fibromyalgia have low quality-of-life and may have 40% less physical function as well as 67% less mental health.

- ☐ True
- ☐ False

Question 19

19. The individuals with Fibromyalgia can learn to manage their fibromyalgia with self-management strategies, which are proven to reduce disability and pain.

- ☐ True
- ☐ False

Question 20

**20. Some factors that may help to reduce the symptoms of Fibromyalgia include _____.
Select all that apply.**

- A. Lifestyle changes**
- B. limiting alcohol intake**
- C. limiting or avoiding caffeine consumption**
- D. Stress reduction.**

- ☐ A
- ☐ B
- ☐ C
- ☐ D

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