



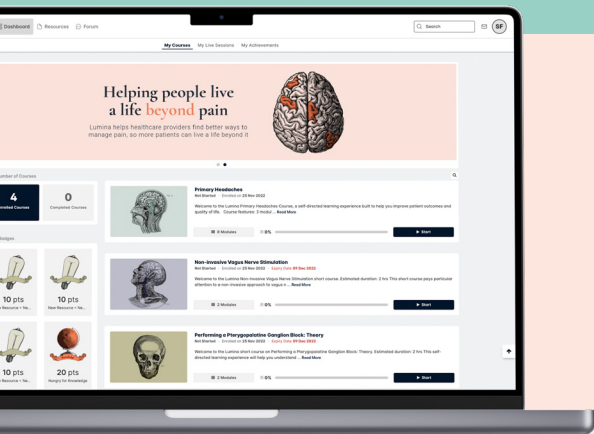
# Fibromyalgia

## Developed by: Executive Editor:

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### Program Overview

The Lumina Care Plan for Fibromyalgia is a guide that healthcare providers can use to better understand, diagnose, and treat the often misdiagnosed and greatly misunderstood chronic widespread pain condition. Relying on both peer-reviewed scientific evidence and decades of clinical experience, this multifaceted solution incorporates practitioner education and advanced tools to help healthcare providers achieve improved patient outcomes and quality of life when treating patients with this complex, nociplastic pain disorder.



#### Target audience:

- Primary healthcare providers
- Pain specialists
- Neurologists
- Nurses

**Total duration:** 20 hours

#### Objectives:

Achieve diagnostic accuracy | Apply patient-centric treatment | Provide continuous care for patient empowerment

#### Assessments:

- Knowledge checks
- Three module exams for certification

#### Resources:

- Lumina-curated content relevant to primary headaches

## Products included

### 1. Diagnostic Aid

A pre-consultation tool that assesses the characteristics of a patient's pain and other symptoms and provides the healthcare provider with an accurate suggested diagnosis.

The diagnosis can then be confirmed and a treatment plan formulated with the patient during the first consultation.

### 2. Patient Companion

A continuous care solution designed to track symptoms and educate patients.

#### Track symptoms

- Patients input their symptoms, treatments, emotions, and activity.
- The app tracks patient adherence and progress.
- Alerts to any further actions needed are generated.
- Detailed reports generated for healthcare providers.

#### Educate patients

- Delivers condition-specific educational content about the patient's diagnosis and treatment.
- Adapts to patient needs based on their stage of treatment and responses to daily check-ins
- Engages patients by being easy to understand, warm, and supportive.
- Encourages patients to take ownership of their own pain management journeys.

### 3. Lumina Collaborative

A dedicated online forum healthcare providers can join to discuss fibromyalgia with peers and get feedback from Lumina Sages.

### 4. Lumina Medical Academy

World-class medical learning presented on a user-friendly platform. When it comes to the topic of pain, the lack of access to verified, evidence-based educational materials is a challenge for healthcare providers. The Academy acts as an up-to-date reference tool for those wanting to specialize in pain and will keep you abreast of the latest verified information and innovation. The goal of the Lumina Medical Academy is to enhance diagnostics, clinical steps, and treatment modalities to improve patient outcomes.

## Lumina Fibromyalgia Course:

### Understanding Fibromyalgia

- Master the two theories that explain the pathophysiology of fibromyalgia
- Explore nociplastic pain and the assumed causes of the condition
- Understand how screening, other pathologies, cytokines, and differential diagnoses aid in accurate diagnosis
- Learn how to use the Lumina Diagnostic Aid

### Treating Fibromyalgia

- Unpack the condition-specific Lumina Care Plan for fibromyalgia
- Understand why an integrative treatment approach is so effective
- See detailed first and second-line treatment strategies for fibromyalgia
- Explore all the treatment modalities included in the care plan
- Learn how to perform certain patient-empowering techniques

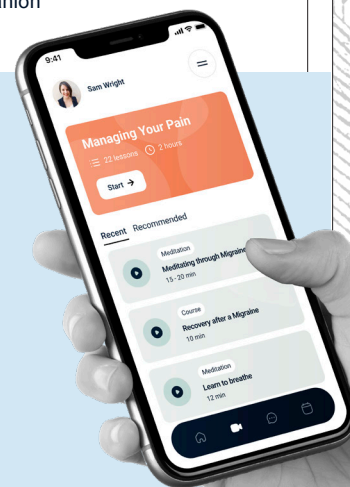
### Continuous Care for Fibromyalgia

- Understand the fundamentals and role of patient continuous care
- Explore the challenges involved
- Learn how to implement continuous patient care and refine diagnosis based on patient responses
- Know what to do when treatment isn't working
- Learn how to use the Lumina Patient Companion

## What Makes Lumina Different?

The community of pain management experts and their drive to positively affect patient outcomes is the real differentiator. This community and their commitment to adding their expertise to a vast body of mainstream peer-reviewed body of evidence-based knowledge will change the face of pain management.

Lumina healthcare providers get access to the wisdom of the community, accurate diagnostic tools, and clinically-proven care plans. Improved patient outcomes is the 'why' and technology is the enabler.



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