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DEVELOPMENT OF “AMIGOS DE FIBRO” (FIBRO FRIENDS): AN INTERDISCIPLINARY EDUCATIONAL PROGRAM TO PROMOTE HEALTH IN FIBROMYALGIA

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BACKGROUND

Patient education is one of the main nonpharmacological interventions in the management of fibromyalgia. The aim of this study was to develop an educational program with an interdisciplinary character to promote the health of individuals with fibromyalgia in Brazil.

MATERIAL AND METHODS

It is a study protocol developed according to the needs exposed by patients with fibromyalgia and health professionals who work in primary health care. A qualitative research was carried out, through a focus group, with 12 individuals with fibromyalgia and 10 health professionals. A content analysis proposed by Bardin was carried out.

RESULTS

Amigos de Fibro (Fibro Friends) is an interdisciplinary program with educational approaches. It must be held in 15 meetings, weekly frequency and duration of 1 hour. At the first meeting, the physiotherapist presents the program and the socialization activities to the patient. In the second meeting, the doctor presents the concepts of fibromyalgia and other aspects that interfere with his quality of life, as well as some forms of self-care. In the third, the nurse informs about practices and environments that favor self-care in fibromyalgia. In the fourth, the social worker shows the importance of support and family practices to promote health at work. In the fifth meeting, the physiotherapist shows the main body practices and physical activity that promote health in fibromyalgia. In the sixth meeting, the nutritionist presents the main actions that promote adequate and healthy food. At the seventh meeting, the psychologist informs about the relationship between psychological issues and fibromyalgia and encourages coping with mental illness. At the eighth meeting, the pharmacist informs the importance of pharmacological treatment. In the ninth, eleventh and thirteenth meeting, the patient at home will integrate and incorporate the topics covered in previous meetings. At the tenth meeting, the naturologist presents integrative and complementary practices in the patient's daily routine to promote his/her health. At the twelfth meeting, the occupational therapist encourages the participant to make adjustments to their daily routine to promote changes in functionality and quality of life. In the fourteenth meeting, the speech therapist seeks to encourage the participant to use the techniques to improve sleep quality. The fifteenth meeting will be the closing.

CONCLUSION

Amigos de Fibro is a trend of care for the future. The next step is to conduct a clinical trial to verify the effect of this intervention and implement it in the health service in Brazil.

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