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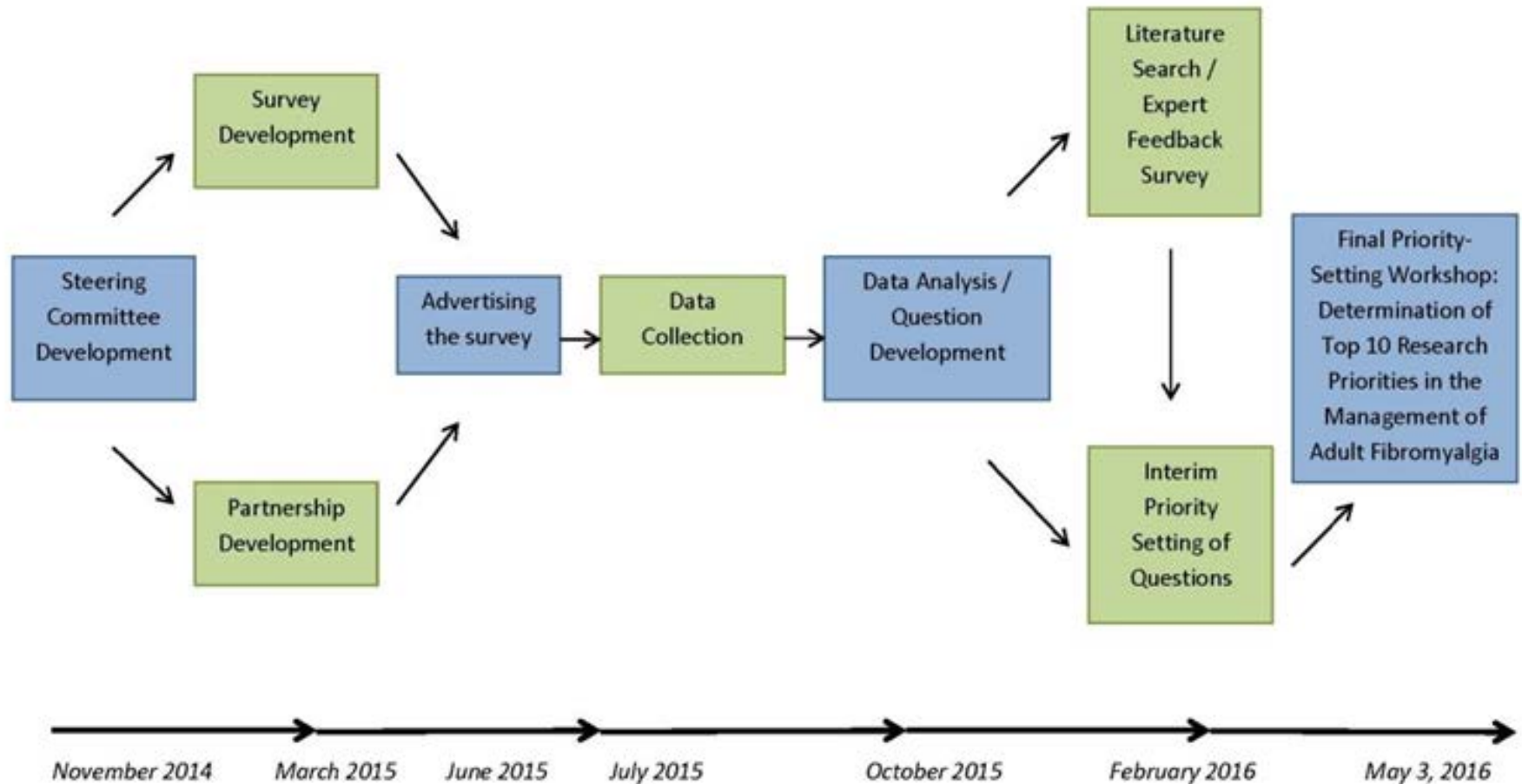
# Fibromyalgia

James Lind Alliance  
Priority Setting Partnership

Arthritis Alliance of Canada Annual Meeting  
Montreal, Canada  
October 27, 2016



# Process for JLA Priority Setting



# Top 10 Research Priorities

Research Uncertainties	
1	Can early targeted/personalized treatment plans based on sub-grouping and/or staging of severity improve outcome for people living with fibromyalgia?
2	What evidence is there to support the use of lifestyle interventions (i.e., nutrition, exercise, take more breaks, general lifestyle interventions) for the management of fibromyalgia symptoms?
3	What are the best ways to manage sleep problems in people living with fibromyalgia?
4	What are the effective methods for educating patients living with fibromyalgia to take an active role in their care?
5	What are the health care settings for persons with fibromyalgia that would allow for the best health care professional and optimal care pathway, and for appropriate follow-up?
6	What innovative self-management strategies, including social media and on-line tools, may be used in fibromyalgia care and do they impact outcome?
7	What are the best methods to treat and manage cognitive symptoms of fibromyalgia?
8	How safe and effective is the use of cannabinoids and opioids in treating fibromyalgia?
9	Does improving patient health literacy (i.e., education on medications, neuroscience of pain mechanism) help improve patient health outcomes in people with fibromyalgia?
10	What is the most effective treatment for hypersensitivity (e.g., touch, noise, odour, light, hypervigilance) in fibromyalgia patients?