Reframe the Pain: A Systematic Review of Occupational Therapy Interventions to Promote Quality of Life for Adults with Fibromyalgia  
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Objectives:  
1. Define clinical presentation and three common characteristics of fibromyalgia (FMS) as it impacts quality of life (QOL).  
2. Recognize the importance of an occupational therapy (OT) approach as an alternative to current practice methods.  
3. Identify at least three effective EBP interventions within the scope of OT to address quality of life for individuals with FMS.  

PICO: What is the evidence to support the effectiveness of interventions within the scope of OT on improving quality of life for adults diagnosed with fibromyalgia?  

| Methods |  
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| Databases: CINAHL, PubMed, Ovid PsychInfo, Other  
Search Terms: fibromyalgia [MeSH], occupational therapy, therapy, quality of life, quality of life [MeSH], QOL  

<table>
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| ● Adults older than 18 years old  
● Male or female  
● Primary or Secondary Fibromyalgia  
● Human Subjects  
● English language  
● Publication date 01/01/2006-12/31/2015  
● Levels of evidence I, II, III & High Level Qualitative Designs  
● QOL Outcome Measure  
● Within OT scope of practice | ● Primarily pharmaceutical intervention  
● Systematic review/ meta-analyses  
● Dissertations/Theses |  

Identified 554 articles from databases and search, after duplicates and screened for eligibility, 19 articles included in synthesis.  

| Results |  
| --- | --- |  
| Theme 1: Aquatic Therapy  
(n=4) | Strong evidence for the use of aquatic therapy to improve QOL  
-4/4 articles showed statistically significant improvement in emotional problems and pain according to the SF-36  
-Aquatic based interventions showed clinically significant improvements in QOL compared to control group |  
| Theme 2: Aerobic Therapy  
(n=4) | Strong evidence for the use of aerobic therapy interventions which include strengthening, flexibility, and belly dancing  
-3/4 articles showed statistically significant improvements in quality of life when comparing pre and post intervention  
-1 article showed clinical significance in quality of life |  
| Theme 3: Complementary Alternative Methods  
(n=5) | Mixed evidence for the use of interventions such as yoga, meditation, mindfulness, tai chi, and Qigong  
-3/3 articles resulted in clinically significant improvements in QOL with breathing and movement interventions  
-3/5 articles showed statistically significant improvements in QOL |  
| Theme 4: Multidisciplinary Approach  
(n=3) | Strong evidence supports use of multidisciplinary approach in QOL intervention  
-2/3 articles showed significant improvement compared to pharmaceutical intervention  
-3/3 articles showed significant improvement when comparing pre/post intervention  
-0/3 studies report OT as provider |  
| Theme 5: Physical Agent Modalities (PAMS)  
(n=2) | Mixed evidence for use of PAMS such as ultrasound with interferential and TENS  
-1/2 articles showed significant improvement in QOL  
-Moderate support of ultrasound/interferential used 1x/week may be as beneficial as administration 2x/week  
-Moderate support of TENS. No significant differences between exercise and exercise + TENS |  
| Theme 6: Virtual Reality (VR)  
(n=1) | Insufficient evidence for use of VR to improve QOL  
-VR group reported significant improvement in perceived QOL and behavioral strategies  
-Secondary outcomes including pain intensity and depression did not improve  
-Participants report enjoyment in VR treatment approach for QOL |
References


