"Not all in my head": a qualitative exploration of living with fibromyalgia and its treatments (Oral presentation)

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“NOT ALL IN MY HEAD”: A QUALITATIVE EXPLORATION OF THE EXPERIENCES OF LIVING WITH AND BEING TREATED FOR FIBROMYALGIA

Simon Ashe, Penny Furness, Sophie Taylor, Sarah Haywood-Small & Kim Lawson
Fibromyalgia (FMS) is a chronic condition with no clear medical explanation or cure.

Limits capacity to work and damages close relationships\(^1\).

Treatments inconsistent and can cause harsh adverse-effects.

Outcomes sought by the patient and practitioners differ\(^2\).

Understand patient perspective to design an effective intervention\(^3,4\).

Phenomenological study of the lived experience of people with FMS with a focus upon treatments and interventions.

14 in-depth discussions conducted and analysed using IPA\(^5\).
Themes

Unconventional Healthcare Experience

'I've had to ask for everything that I've had'

Re-creating your Support Network

'Fibro-family'

Inauthenticity

'All in your head'

Fighting, Accepting or Accommodating

'The more I push, the more it fights back'

Challenging the Working Identity

'Taking part of my identity away'

Threatening the Family Dynamic

'Who swiped my Mum?'
Discussion

- Authenticity
- Healthcare Experience
- Accommodate
- Onset
- Identity
- Treatment
- Interpretation
- Coping
- Appraisal
- Anxiety
- Genetics
- Decline
- Working Identity
- Family Dynamic
- Support Network
- Withdrawal
- Expectations
- Expertise
- Cyclical
- Appraisal
References


Many thanks for your attention!

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