

Fibromyalgia Syndrome: An Article Critique

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ABSTRACT

Fibromyalgia is a chronic condition whose results are not clearly explained. This is due to psychological disorder. This article provides a context based evidence on how to give treatment for the disorder.

KEYWORD: Fibromyalgia, disorder.

INTRODUCTION

Fibromyalgia syndrome refers to a chronic condition whose etiology remains unknown. Some of the symptoms with which it is associated include psychological disorders, sleep disturbances, cognitive dysfunctions, fatigue, and persistent, widespread pain. The main aim of this paper is to critique the research article by Brown, N. (2018), whose aim was to explore the lived experiences of individuals diagnosed with or experiencing fibromyalgia – and pave the way for program interventions and implementations that could aid in fighting the symptoms and mitigating the impact of the condition on the quality of lives of patients. Thus, the work is presented in the form of a response paper in healthcare. Indeed, some of the disciplines from which the literature review was drawn include clinical studies or trials, medicine, medical psychology, and health sciences. In relation to the methodology, the study was qualitative. With the specific objective being an examination of the relationship between language, experience, and perceptions of the participants (and the impact of fibromyalgia on their identity), the phenomenological study focused on 40 participants (2 male and 38 female) in UK's fibromyalgia groups. Additionally, an interview technique was used to collect data while the data analysis method involved interpretive phenomenological analysis (IPA). Imperative to highlight is that the setting and sample sizes were adequate for the project. As mentioned above, the research context involved the UK's fibromyalgia support groups, a setting that could be deemed appropriate for the selection of individuals living with the condition. Additionally, the selection of 40 participants in the phenomenological study is worth acknowledging and deemed appropriate for the collection and analysis of adequate data that could, in turn, be generalized to the rest of the sampling frame (about

the subject under investigation). In the findings, it was observed that fibromyalgia causes biographical disruption, normalcy, and liminality among patients.

Specifically, the study suggested that the specific losses attributed to the condition include

disappointment, melancholy, and resignation. Furthermore, all the participants stated that fibromyalgia had led to biographical disruption in which their planned lives had taken unexpected turns, with some responding by seeking new stabilities and purposes in their lives. Hence, it was concluded that fibromyalgia syndrome causes significant disruptions and hampers the quality of lives of patients and their families; including psychosocial disturbances, feelings of withdrawal, disappointment, and stalled progress in life plans. Overall, the language used by the participants depicted the enemy, being at war, battling, fighting, and struggling due to fibromyalgia. From the findings and conclusion, the implication for the future of health care service delivery is that Brown (2018) sensitized audiences about the capacity of fibromyalgia to hamper the patients' and families' quality of life. In relation to advanced nursing practice, the inferences pave the way for interventions that not only seek to fight the condition's symptoms and mitigate its impact but also strive to restore the patients' confidence and quality of life via an approach such as psychotherapy. Hence, the article is worth reading and is the resultant information is important to understand because it contributes to the field of nursing by advocating for the analysis of the patients' lived experiences to determine possible barriers to access to care – and address the problems accordingly. The information in the article

is also worth understanding because it allows for a more holistic view of fibromyalgia experiences and how context-specific and evidence-based health care practices could be implemented to improve the patients' quality of life.

References

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