

## EMOTIONAL INTERVENTIONIST TREATMENT IN PATIENTS WITH FIBROMYALGIA

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### Introduction

Fibromyalgia is a chronic disease of rheumatic features. The pain becomes so intense that it can be disabling. Besides pain, anxiety and depression are associated symptoms of the disease. Because of this, not only pharmacological treatment, there are alternative treatments to control symptoms and quality of life.

### Objective

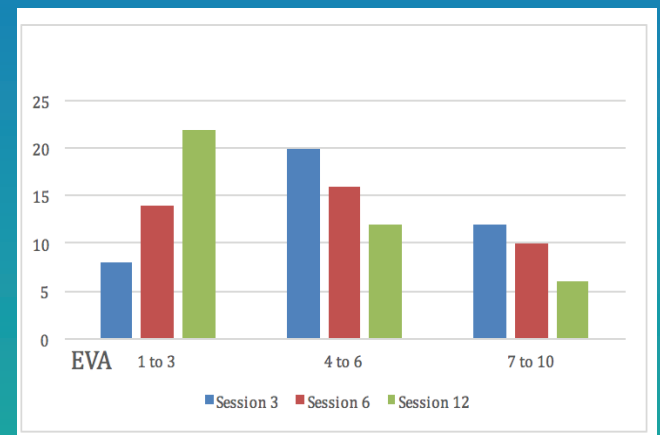
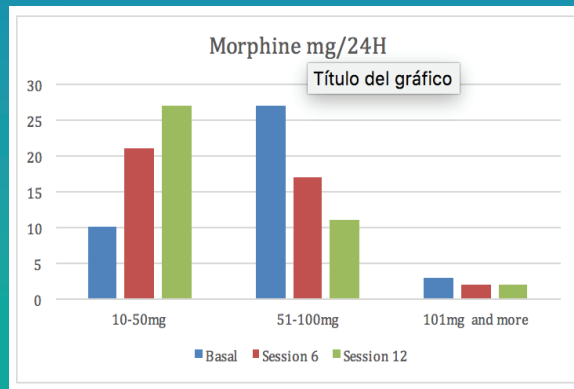
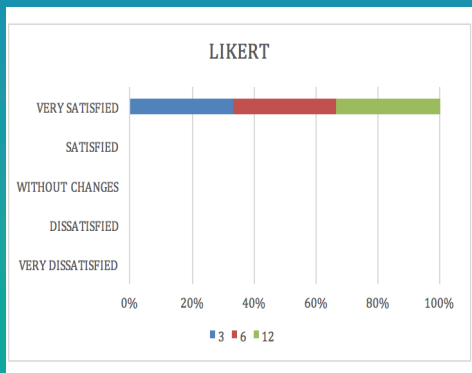
Reduce consumption of analgesics in patients with fibromyalgia in Clinic of Pain and Palliative Care Medicine, Instituto Jalisciense PALIA, through complementary medicine techniques (Aromatherapy, Meditation and Bach Flowers).

### Material and Methods

40 patients diagnosed with fibromyalgia are captured. All under pharmacological treatment and EVA equal or greater than 4. After obtaining informed consent, 12 sessions were conducted with an interval of 15 days between each session. Aromatherapy and meditation it applies in all sessions. Upon completion of the 6th session treatment is added with bach flowers. It was valued EVA, satisfaction and vital signs before and after each session. The decrease in analgesic consumption was assessed in the first and last session.

### Results

100% reported decreased pain at the end of each session. Of these, 75% fell more than half of the basal pain. 87.5% achieved reduction of over 50% of painkillers. Only one patient dropped completely painkillers. All were women. There were no significant changes in vital signs. Only one patient had transient anxiety in the second session. The whole manifested itself very satisfied with treatment.



### Conclusions

It is clear that emotional intervention in chronic pain patients is essential because it substantially supports drug treatment and decrease their consumption.