

Table 1

Electronic Medical Record Smart Form Template: Overview of Fibromyalgia

Onset: 3-6 months ago, more than 6 months ago, more than 1 year ago, more than 2 years ago, more than 5 years ago, more than 10 years ago; (comment box)

Triggers/risk factors (can be more than one): none, family history, physical trauma/injury, emotional trauma, stress, disability/workman's compensation, weather changes, other; (comment box)

Impairment in family life/home responsibilities: none, mild, moderate, severe; (comment box)

Impairment in social life: none, mild, moderate, severe; (comment box)

Impairment in work/school: none, mild, moderate, severe; (comment box)

Testing (can be more than one): comprehensive metabolic panel, complete blood count thyroid function tests, erythrocyte sedimentation rate (ESR), C-reactive protein (CRP), rheumatoid factor (RF), antinuclear antibody (ANA), ferritin, iron-binding capacity and percentage of saturation, Vitamin B12, Vitamin D, MRI, EMG, x-ray, sleep study, other; (comment box)

Pertinent comorbid disorders (can be more than one): osteoarthritis, degenerative disc disease, neuropathy, radiculopathy, interstitial cystitis, irritable bowel disorder, migraine, chronic daily headache, chronic fatigue syndrome, obesity, sleep apnea, periodic limb movement disorder, restless leg syndrome, depression, anxiety, bipolar disorder, other

Past treatments (can be more than one): other, duloxetine, pregabalin, milnacipran, gabapentin, amitriptyline, SSRI, venlafaxine, cyclobenzaprine, baclofen, tizanidine, metaxalone, methocarbamol, opioids, benzodiazepines, zolpidem, NSAIDs, aerobic exercise, strength training, stretching, yoga, Tai Chi, physical therapy, chiropractor, acupuncture, massage, psychotherapy, diet, supplements, tender point injections; (comment box)

Current treatments (can be more than one): other, duloxetine, pregabalin, milnacipran, gabapentin, amitriptyline, SSRI, venlafaxine, cyclobenzaprine, baclofen, tizanidine, metaxalone, methocarbamol, opioids, benzodiazepines, zolpidem, NSAIDs, aerobic exercise, strength training, stretching, yoga, Tai Chi, physical therapy, chiropractor, acupuncture, massage, psychotherapy, diet, supplements, tender point injections; (comment box)

Improvement on treatment: very much worse, much worse, minimally worse, no change, minimally improved, much improved, very much improved; (comment box)