

Master Psychopharmacology Program
Study Guide: Fibromyalgia, Functional Somatic Syndromes, and Chronic Pain

Subtopic	Benchmarks (You Should Be Able To)	Recommended Resources
Symptom Presentation and Assessment	<p>Define nociception, pain, acute pain, chronic pain, neuropathic pain, allodynia, and hyperalgesia</p> <p>Identify disorders characterized by peripheral chronic pain</p> <p>Identify and describe symptoms of disorders characterized by central chronic pain</p> <p>Identify and describe symptoms of disorders characterized by mixed chronic pain</p> <p>Identify psychiatric illnesses that include painful somatic symptoms</p> <p>Describe techniques for evaluating pain</p> <p>Explain the controversy surrounding use of tender points as a diagnostic basis for fibromyalgia</p>	<p>Stahl SM. Stahl's essential psychopharmacology, third edition. New York, NY: Cambridge University Press; 2008. (Chapter 15)</p> <p>Stahl SM. Stahl's illustrated chronic pain and fibromyalgia. New York, NY: Cambridge University Press; 2009. (Chapter 3–4)</p> <p>NEI's Snippets: Fibromyalgia and Depression</p> <p>Fibromyalgia and Sleep</p>
Neurobiology of Symptoms	<p>Differentiate between nerve fibers and the types of sensory stimuli to which they respond</p> <p>Explain the neurobiological process of normal nociceptive transduction</p> <p>Identify pathways and brain regions involved in the perception of pain</p> <p>Identify major neurotransmitters associated with pain processing</p> <p>Explain the role of voltage-sensitive channels in pain processing</p> <p>Identify underlying peripheral and central mechanisms leading to neuropathic pain</p> <p>Identify descending inhibitory and facilitatory pain pathways</p> <p>Explain the theoretical underlying causes of segmental and suprasegmental central sensitization</p> <p>Explain the theoretical underlying causes of fibromyalgia</p> <p>Associate each symptom of fibromyalgia with hypothesized brain regions and circuits</p>	<p>Stahl SM. Stahl's essential psychopharmacology, third edition. New York, NY: Cambridge University Press; 2008. (Chapter 15)</p> <p>Stahl SM. Stahl's illustrated chronic pain and fibromyalgia. New York, NY: Cambridge University Press; 2009. (Chapter 2)</p> <p>NEI's Mechanism of Action Library (Class: Pain Medications)</p> <p>NEI's Snippets: Fibromyalgia and Pain Processing</p>



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Mechanisms of Chronic Pain Agents	<p>Identify and describe mechanisms of action for reduction of peripheral neuropathic pain</p> <p>Explain mechanisms for modulation of neurotransmitters in order to reduce central neuropathic pain</p> <p>Explain mechanisms for modulation of voltage-sensitive channels in order to reduce central neuropathic pain</p>	<p>Schatzberg AF, Nemeroff CB. Textbook of psychopharmacology, fourth edition. Washington, DC: American Psychiatric Publishing, Inc.; 2009. (Chapters 28, 66)</p> <p>Stahl SM. Stahl's essential psychopharmacology, third edition. New York, NY: Cambridge University Press; 2008. (Chapter 15)</p> <p>Stahl SM. Stahl's illustrated chronic pain and fibromyalgia. New York, NY: Cambridge University Press; 2009. (Chapter 5)</p> <p>NEI's Mechanism of Action Library (Class: Pain Medications)</p>
Clinical Characteristics of Chronic Pain Agents	<p>Identify currently available agents with evidence of efficacy in reducing pain in functional somatic syndromes</p> <p>Identify the effective dose range and general titration requirements for each chronic pain agent used in fibromyalgia and other functional somatic syndromes</p> <p>Identify notable side effects for each chronic pain agent used in fibromyalgia and other functional somatic syndromes</p> <p>Identify any contraindications or major drug interactions for each chronic pain agent used in fibromyalgia and other functional somatic syndromes</p>	<p>Schatzberg AF, Nemeroff CB. Textbook of psychopharmacology, fourth edition. Washington, DC: American Psychiatric Publishing, Inc.; 2009. (Chapters 28, 66)</p> <p>Stahl SM. Stahl's essential psychopharmacology, third edition. New York, NY: Cambridge University Press; 2008. (Chapter 15)</p> <p>Stahl SM. Essential psychopharmacology, the prescriber's guide, fourth edition. New York, NY: Cambridge University Press; 2011. (Neuropathic pain/chronic pain medication chapters)</p> <p>Chronic pain medication prescribing information/package inserts.</p>



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Treatment Strategies	<p>Identify appropriate monotherapies for each functional somatic syndrome</p> <p>Identify treatment methods for difficult cases of functional somatic syndromes</p> <p>Identify novel mechanisms and strategies being investigated for potential application to chronic pain treatment</p> <p>Rationalize preemptive treatment approaches for preventing chronic pain</p>	<p>Schatzberg AF, Nemeroff CB. Textbook of psychopharmacology, fourth edition. Washington, DC: American Psychiatric Publishing, Inc.; 2009. (Chapter 66)</p> <p>Stahl SM. Stahl's essential psychopharmacology, third edition. New York, NY: Cambridge University Press; 2008. (Chapter 15)</p> <p>Stahl SM. Stahl's illustrated chronic pain and fibromyalgia. New York, NY: Cambridge University Press; 2009. (Chapter 6)</p> <p>Stahl SM. Case studies: Stahl's essential psychopharmacology. New York, NY: Cambridge University Press; 2011.</p> <p>Stahl SM. Essential psychopharmacology, the prescriber's guide, fourth edition. New York, NY: Cambridge University Press; 2011. (Neuropathic pain/chronic pain medication chapters)</p> <p>NEI's Encore Presentations: Fibromyalgia and Chronic Widespread Pain: The Reality Behind the Perception</p>
Special Considerations	<p>Identify chronic pain agents for which dosing recommendations are different for children and/or adolescents than they are for adults</p> <p>Explain recommendations for chronic pain medication selection/maintenance in pregnant women</p> <p>Explain recommendations for chronic pain medication selection/maintenance in women who are breastfeeding</p> <p>Identify chronic pain agents for which dosing recommendations are different for the elderly than they are for younger adults</p> <p>Identify chronic pain agents for which dosing recommendations are different for individuals with medical complications</p>	<p>Stahl SM. Stahl's essential psychopharmacology, third edition. New York, NY: Cambridge University Press; 2008. (Chapter 15)</p> <p>Stahl SM. Essential psychopharmacology, the prescriber's guide, fourth edition. New York, NY: Cambridge University Press; 2011. (Neuropathic pain/chronic pain medication chapters)</p> <p>Chronic pain medication prescribing information/package inserts.</p>

