



Fibromyalgia Case – Psychiatric and Psychological Implications

Alberta Shkemi, Genti Xhelili

Department of Pediatrics, University Hospital Center "Mother Teresa", Tirana, Albania

Email address:

alberta.shkemi@yahoo.com (A. Shkemi)

Abstract:

Fibromyalgia is a chronic health condition characterized by widespread musculoskeletal pain, multiple tender points on physical examination, generalized muscular aching stiffness, fatigue, non-restorative sleep pattern, cognitive dysfunction and mood disturbance. People with this kind of diseases might be developing fibromyalgia. In this group are included: Rheumatoid, Arthritis Lupus.

The child L.T was referred to our clinic for a serious acute knees ache. Family members informed us that the child has knees ache for about a week and difficulty in walking, but for about 3 years the child had been having frequent morning pain of legs lasted for 30 minutes. The objective examination shows that left leg articulation was hyperaemic. Laboratory tests resulted: PCR 38, Sediment 30mm/h and a diagnose of idiopathic juvenile arthritis was established and he started treatment with Naproxen and hydroxychloroquine. One year later the child showed up again complaining exhaustion and asthenia, sleeping difficulties, diffuse pain in the upper and lower body. During the objective examination, the articulations were normal but the child had pain in all of fibromyalgia spots. All laboratory examinations resulted normal. Then he was diagnosed with fibromyalgia and was referred to a psychologist for consultation. Patient started psychotherapy treatments for about 15 weeks with a positive outcome.

Fibromyalgia is a disease which negatively affects the quality of children's life and the social and emotional welfare in its everyday functioning

Keywords

Fibromyalgia, Juvenile Arthritis, Anxiety, Psychological Consultation