**Solent Living Well with Fibromyalgia Programme**

**GP referral inclusion & exclusion criteria**

**Inclusion Criteria**

* Southampton CCG patient
* Over 18
* Confirmed diagnosis of FMS as per ACR 2016 criteria
* Patient willing to implement changes in order to self-manage their fibromyalgia
* Patient willing to actively participate in a group treatment

**Exclusions Criteria** (for current pilot programmes\*)

* Under 18’s
* Anyone who does not meet the ACR 2016 criteria for the diagnosis of Fibromyalgia (please see referral proforma to confirm criteria has been met and you are formally diagnosing patient)
* Anyone who requires assessment for, or confirmation of, diagnosis of Fibromyalgia - Referral for opinion from Rheumatology services should be made if other condition concerns are present and definitive Fibromyalgia diagnosis cannot be made
* Major psychiatric illness with psychotic or manic features
* Complex or significant unmanaged mental health needs with no plan for support established prior to the referral
* Requirement for an interpreter / anyone who does not have independent understanding of the English language \*
* Patients who are self-referring\*
* Anyone requiring a carer to be present during the programme sessions
* Anyone requiring hospital transport
* Patient has attended pain management / CFS / ME programme in the past 2 years
* Patient Is waiting for a pain management / CFS / ME or mental health team referral / programme

**Administration processes/requirements**

* Please ensure completion of the fibromyalgia diagnosis prompts so the receiving team can easily see a confirmed diagnosis of fibromyalgia
* Please ensure patient is aware that service being offered is a group based intervention