

Prioritized List Guideline Note



Extracted from the February 1, 2021 Prioritized List

GUIDELINE NOTE 135, FIBROMYALGIA

Line 530

Fibromyalgia (ICD-10-CM M79.7) treatment should consist of a multi-modal approach, which should include two of more of the following:

- A) medications other than opioids
- B) exercise advice/programs
- C) cognitive behavioral therapy.

Care should be provided in the primary care setting. Referrals to specialists are generally not required. Use of opioids should be avoided due to evidence of harm in this condition.

<https://www.oregon.gov/oha/HPA/DSI-HERC/PrioritizedList/2-1-2021%20Prioritized%20List%20of%20Health%20Services.pdf>