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Fibromyalgia prevalence, treatment trends and correlation with Insomnia among female refugees: Alarming results

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Fibromyalgia is a chronic disorder characterized by chronic widespread pain, that could be accompanied by fatigue and sleep disturbances with higher prevalence in females. Psychological factors contribute largely to fibromyalgia. The American College of Rheumatology recommends the use of centrally acting drugs such as pregabalin and duloxetine to effectively alleviate the symptoms. Female war refugees represent a fragile population that is highly prone to psychological distress and possibly fibromyalgia. Therefore, the current study had three objectives: 1) To study fibromyalgia prevalence, 2) To study fibromyalgia treatment trends and their concordance with the guidelines and 3) To study if there is a correlation between fibromyalgia severity and insomnia among female Syrian refugees residing in Jordan. A cross-sectional study design was performed, data from 384 Syrian female were analyzed from four medical centers in Jordan. The Fibromyalgia Impact Questionnaire (FIQ) was used to study fibromyalgia prevalence and symptoms severity, structured questions were designed to explore fibromyalgia pharmacotherapeutic trend, and the Insomnia Severity Index (ISI) was used to screen insomnia. The prevalence of severe fibromyalgia was about (30%), an alarming pharmacotherapeutic inconstancy with the ACR guidelines was evident and a significant correlation between fibromyalgia and insomnia was reported. This is the first article that sheds light on fibromyalgia prevalence, its current therapy and its correlation with insomnia in refugees' settings. The early screening and raising awareness of fibromyalgia diagnosis and treatments are highly recommended among health care professionals in order to improve the quality of life and the wellbeing of this fragile population.

Biography

Gammoh has completed his PhD in Pharmacological Sciences at the age of 29 years from the University of Pavia-Italy. Currently, he is an assistant professor of pharmacology and therapeutics at the American University of Madaba. He has several publications in psychopharmacology and mental health among refugees.

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