**Supplementary files**

1. Content of FAME sessions
2. Referral Criteria for Fibromyalgia Active Management and Exercise (FAME)
3. Topic guides

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| **File 1: Content of FAME programme** |
| **Week:** | **Session title:** |
| 1 | Introduction to FAME1Education to pain and fibromyalgia1, 2Introducing mindfulness1, 2, 3  |
| 2 | Identifying and setting goals1, 2Body scan1Understanding your medication discussion (offer of 1:1 follow-up)2 |
| 3 | The benefits of physical activity1Exercise circuit programme1Progressive muscle relaxation1  |
| 4 | Pacing1, 2 Chair based exercise1Mindfulness1, 2, 3 |
| 5 | Motivational interviewing1, 2, 3Reviewing goals1, 2, 3Exercise circuit1Visualisation exercise1 |
| 6 | What is mindfulness?3Role of mood and emotions with pain3Mindfulness exercise3Pilates or chair based exercises1 (participant preference) |
| 7 | Sleep hygiene1, 2Introduction to Tai chi/ mindful movement1 |
| 8 | Independent exercise in the community:Suggestions:* Walking group
* Group hydrotherapy session
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| 9 | Pain coping strategies and modalities1, 2Setbacks and preparing for self-management1, 2Role of the pain team2Tai chi/Mindful movement or exercise circuit1 (participant preference)Visualisation exercise1  |
| 10 | Diet and nutrition4Putting together an individual pain management toolkit1, 2Exercise component1 – patient choice Mindful breathing1 |
| 11 | Developing social support/ networks & relationships3 * *You may bring one family member or friend*

Exercise component1 – participant preference |
| 12 | Reviewing goals and progress1, 2, 3Exercise component1 – patient choice |
| Session led by: 1 physiotherapist; 2 pain nurse; 3 psychologist; 4 dietician |

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| File 2: Referral Criteria for Fibromyalgia Active Management and Exercise (FAME) |
| * Diagnosis of Fibromyalgia or widespread Pain and Fatigue
* ≥ 6 months duration of symptoms
* ≥ 18 years old
* Conversational English
* Cognitive Capacity
* Committed to 12-week outpatient programme
* Completed diagnostic pathway for pain
* Able to mobilise safely in a group setting
* Medically stable
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| **File 3: Example topic guides** |
| **Patient Topic Guide**  |
| What were you expecting from the FAME programme? |
| How did you find taking part in the FAME programme? * Tell me about your experience of the programme
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| What were your views on the topics and content of the programme?  |
| How did you find the format of the programme?  |
| Tell me about what’s happened since you last attended with regards to your condition? |
| Do you have any recommendations for us to consider?  |
| **Health care practitioner Topic Guide**  |
| Please could you tell me about your contribution to the programme.  |
| What were your expectations of the programme?  |
| What did you learn from the experience? |
| How did you find taking part in delivering the FAME programme?  |
| How did you feel your role fitted with the programme?  |
| Please can you tell me your thoughts on the selection of the patients for this programme? |
| Has taking part in the FAME programme changed your view on referring patients to this class?  |
| What did you think of the format of the FAME programme? |
| How did you find working within an MDT whilst delivering this programme?  |
| Did you feel well prepared to take this programme? |
| Were you familiar with the outcome measures used?  |
| Did you feel they were appropriate and relevant?  |
| Are there any you would prefer to use?  |
| Do you have any suggestions or recommendations for us to consider?  |