**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 FAME1  Education to pain and fibromyalgia1, 2  Introducing mindfulness1, 2, 3 |
| 2 | Identifying and setting goals1, 2  Body scan1  Understanding your medication discussion (offer of 1:1 follow-up)2 |
| 3 | The benefits of physical activity1  Exercise circuit programme1  Progressive muscle relaxation1 |
| 4 | Pacing1, 2  Chair based exercise1  Mindfulness1, 2, 3 |
| 5 | Motivational interviewing1, 2, 3  Reviewing goals1, 2, 3  Exercise circuit1  Visualisation exercise1 |
| 6 | What is mindfulness?3  Role of mood and emotions with pain3  Mindfulness exercise3  Pilates or chair based exercises1 (participant preference) |
| 7 | Sleep hygiene1, 2  Introduction to Tai chi/ mindful movement1 |
| 8 | Independent exercise in the community:  Suggestions:   * Walking group * Group hydrotherapy session |
| 9 | Pain coping strategies and modalities1, 2  Setbacks and preparing for self-management1, 2  Role of the pain team2  Tai chi/Mindful movement or exercise circuit1 (participant preference)  Visualisation exercise1 |
| 10 | Diet and nutrition4  Putting together an individual pain management toolkit1, 2  Exercise 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, 3  Exercise 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 |
| 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? |