Faculty

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Instructor Bio

Joseph Safdieh, M.D. received his Bachelor’s degree in neuroscience, summa cum laude, from the College of Arts and Science of New York University. He received his medical degree (MD) from the New York University School of Medicine, graduating first in his class. He completed his neurology residency training at the Weill Cornell Campus of New York Presbyterian Hospital, where he also served as Chief Resident in the Department of Neurology. Dr. Safdieh is a member of Phi Beta Kappa and Alpha Omega Alpha, the medical honors society. He is the author of a number of book chapters, and has recently completed a textbook of neuroanatomy.

Dr. Safdieh serves as the Director of the Neurology Clerkship for the Weill Cornell Medical College. He is Medical Director of the Neurology Clinic at NewYork-Presbyterian Hospital and also serves as Director of Outpatient Training for the Neurology Residency Training Program. He is well respected as an innovative medical educator, and has developed numerous curricula for the teaching of neurology to both medical students and other physicians.

Joseph Safdieh's practice focuses on evaluating and treating patients with a variety of neurological disorders. Dr. Safdieh provides expert consultation for patients with neurological symptoms. He has specific interest in the treatment of nervous system infections. Dr. Safdieh’s philosophy is to work with the patient to develop a treatment plan that is most effective at treating not only the symptoms, but also the patient's overall sense of well-being.

Follow Dr. Safdieh on Twitter @BrainHealthMD for relevant daily updates in the field of neurology.

Source: http://www.weillcornell.org/physician/josafdieh/

Course Overview

Fibromyalgia is a term that often conjures up images of patients who "complain" about pain and so many other symptoms. It is often difficult to diagnose and treat patients with fibromyalgia, partly because of the lack of a clearly understood patho-physiologic basis and partly because of difficulty communicating with these patients about their multiple symptoms. However, patients with fibromyalgia do end up in the neurologist's office with chronic widespread pain and it is the duty of the physician to make an appropriate diagnosis and treatment plan. This course will address the many facets of fibromyalgia, from the nuts and bolts like epidemiology, diagnosis and treatment, as well as the more challenging issues like communication, pathophysiology and alternative therapies. It is our hope that
after you take this course, you will have a better understanding of this disorder in general, be more comfortable making and discussing the diagnosis and achieve success at improving the suffering of your patients' who are affected by this condition. Whether or not you buy into whether this is a "real" disease or a symptom complex, the patients who suffer with these issues clearly exist and frequently see neurologists along the way.

This NeuroLearn course is designated for a maximum of 2 AMA PRA Category 1 Credits™.

Course Learning Objectives

As a result of this program the learner will be able to make an early and accurate diagnosis of fibromyalgia, discuss the diagnosis with the patient and initiate an effective treatment plan. Specifically:

- Identify patients with fibromyalgia and initiate a comprehensive multimodal treatment plan
- Understand the neurologic basis of the disorder and be able to tease out comorbidities
- Educate patients and caregivers about the nature and management of fibromyalgia

Course Elements

Element 1: Epidemiology
A growing body of information suggests fibromyalgia has a neurologic basis. At the end of this learning element, the learner will be able to identify the prevalence, genetic components and risk factors of fibromyalgia.

Element 2: Pathophysiology
At the end of this learning element, the learner will recognize the pathophysiology of fibromyalgia including abnormal central pain processing, biologic abnormalities, environmental triggers and its genetic component.

Element 3: Diagnosis
At the end of this learning element, the learner will be able to apply current diagnostic criteria of fibromyalgia to make an accurate and early diagnosis.

Element 4: Differential Diagnosis
At the end of this learning element, learners will be able to differentiate fibromyalgia from other neurologic, medical and psychiatric disorders.

Element 5: Comorbid Conditions
At the end of this learning element, the learner will be able to identify the comorbid conditions that occur in patients with fibromyalgia.
Element 6: Communication
At the end of this learning element, the learner will acquire the skills required to present the diagnosis of FM to the patient and other providers.

Element 7: Pharmacologic Therapies
At the end of this learning element, the learner will be able to select the appropriate pharmacologic therapies from a selection of traditional and recent advances for their patient with fibromyalgia.

Element 8: Non-pharmacological Treatment
At the end of this learning element, the learner will be able to advise patients with fibromyalgia on non-pharmacologic and alternative treatment options.

Resources
AAN Patient and Caregiver Site: Chronic Pain

Neurology Now: Is Fibromyalgia Real?


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Accreditation Statement
The American Academy of Neurology Institute is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

American Medical Association Physician Recognition Award™: The AAN designates this educational activity for the AMA PRA Category 1 Credits™ designated with each course. Physicians should claim only those hours of credit that they actually spend in the educational activity.

The American Board of Psychiatry and Neurology (ABPN) has reviewed and approved this program as part of a comprehensive CME program, which is mandated by the American Board of Medical Specialties (ABMS) as necessary components of maintenance of certification (MOC).

Date of Release
June 29, 2012

This course is eligible for CME credits for three years from the release date.

Registration includes twelve months access to the course. Course access is available at www.aan.com/view/neurolearn in the My Courses tab upon registration.

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