Floating into freedom

 Fibromyalgia

We are third year MacEwan University nursing students, who are developing a resource for those affected by Fibromyalgia. All information gathered is anonymous and strictly confidential. We would love to hear your input, please fill out the questionnaire as you see fit and with what your time schedule will allow, any feedback is appreciated ☺

1. Do you feel well educated on Fibromyalgia?
	1. What would you like to know more about?
2. Do you feel that others in your life understand?
	1. Why or why not?
3. What resources have you accessed? (ex. pain clinic, websites)
4. Are there any other types of resources that you wish existed or were available to you?



1. What are your needs when it comes to managing your fibromyalgia?

1. What challenges do you face:
	1. On a daily basis?
	2. On a less frequent basis?
2. Is there anything that makes these challenges worse? (ex. stress, cold weather)
3. What strategies do you use:
	1. To alleviate physical symptoms? (ex. warm bath)
	2. To alleviate stress? (ex. listening to music)
	3. To cope mentally, emotionally, and spiritually? (ex. support group, prayer)

Additional Concerns and Comments:



Please respond by September 17th, 2014. Thank-you so much.

If you have any questions for us or would like to reply via email, we can be reached at flemingm16@mymacewan.ca