



Defense Health Agency (DHA) Clinical Communities Speaker Series

JUN 2022 CCSS: Enhancing Primary Care: Refining Proficiencies to Improve Patient Outcomes

S03: Etiology, Evaluation, and Management of Widespread Musculoskeletal Pain in Women

Resource List

The Centers for Disease Control and Prevention published a data brief on [Chronic Pain and High-impact Chronic Pain Among U.S. Adults](#) (2020) that examines chronic pain among U.S. adults aged 18 and over by selected demographic characteristics and urbanization level. This data brief reported that women are more likely to have chronic pain (21.7%) and high-impact chronic pain (8.5%) compared with men (19.0% and 6.3% respectively). Chronic pain frequently limits life or work activities and is among the most common reasons adults seek medical care. Chronic pain is associated with decreased quality of life, opioid dependence and poor mental health. Data from the 2019 National Health Interview Study (NHIS) was used for this study.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) published the [Fibromyalgia](#) (2017) webpage that provides a wealth of resources on the disorder. Fibromyalgia is a chronic (long-lasting) disorder that causes pain and tenderness throughout the body, as well as fatigue and trouble sleeping. Scientists do not fully understand what causes it, but people with the disorder have a heightened sensitivity to pain. This webpage provides information on the overview, symptoms and causes of fibromyalgia, as well as the diagnosis, treatment, and steps to take. The “More Info” tab provides details on current research and links to additional resources.

The U.S. Department of Veterans Affairs (VA) has a dedicated webpage for [Women Veterans Health Care- Musculoskeletal Conditions and Pain](#) (n.d.). Hip, knee, and ankle overuse injuries are especially common for women Veterans. It is important to address musculoskeletal injuries as they may cause chronic pain if not treated. Improving musculoskeletal conditions may be helpful in reducing pain and improving function and quality of life. This webpage provides resources such as a list of services the VA provides for musculoskeletal conditions and chronic pain, information on how to access services, a link to the Women Veterans Call Center and a multiple links for details on common musculoskeletal conditions.

The [Health of Women Strategic Plan](#) (2022) report published by the U.S. Food and Drug Administration (FDA) and the Center for Devices and Radiological Health (CDRH) recognizes that advances in science show that sex and gender differences may play significant roles in the course and outcomes of conditions that affect all human organ systems. Recognizing the importance of addressing sex- and gender-specific issues in medical technology design, development, and implementation is vital to women’s health. This report details the plan to develop and implement health science programs, strategies and initiatives focused on women’s health. This report describes the CDRH Health of Women Program’s strategic priorities to continue their commitment to protect and promote public health of women.



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References

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