

USING MYMOP FOLLOWED BY WRITING A CASE REPORT

12 DANISH WOMEN WITH FIBROMYALGIA TREATED WITH REFLEXOLOGY

*This is a brief description of a pilot project on fibromyalgia, performed by **reflexology students** at The Danish Reflexology School in Herlev, Denmark (DK) in 2017. It was a successful process, which was repeated in 2018 with a new group of women with fibromyalgia and a new group of reflexology students. The fibromyalgia association is so pleased with the outcome, that they wish to offer this possibility in other parts of DK.*

*The 12 women filled in a **MyMOP** questionnaires (A4page) before and after 4 reflexology treatments. When the pilot project ended after 4 weeks, the students wrote a **Case Report** on each client in a template which followed described guidelines.*



Background

As part of their education, the students had to treat clients they had not previously met, under supervision at the school. The students in this pilot project was in the third semester and finish their exams a few months later.

The clients were recruited via the fibromyalgia association, which took a very positive view of our inquiry, regarding the project. The association posted the post on their Facebook page and we received 26 inquiries, out of which a total of 15 clients were offered treatment on four 4 consecutive Tuesdays. The clients were all women aged 25 - 58 years.

One client only received 3 treatments, as she canceled the last treatment due to illness. Two cases have not yet been submitted so the project is evaluated with a total of 12 clients.

At the first treatment, the clients were given a **MYMOP 2** questionnaire and after the last treatment a **Follow up MyMOP 2** questionnaire to evaluate the effect of the treatment. (Information about MyMOP is available from the university in Bristol, UK, www.bris.ac.uk).

In the MYMOB 2 test-client form, the client scores her own symptoms on a scale from 0-6. 0 is the least possible grade of symptom and 6 is the greatest possible grade. They could score **2 symptoms**. As an assessment parameter, they must also score to what extent their symptoms affect their **physical activity** and **general well-being**. Again, high score means that the symptom adversely affects the client.

Conclusion

The graph on page 3, shows the result of our project.

7 clients have had their primary gene (symptom 1) for more than 5 years. 3 clients have had their primary gene between 1-5 years. A single client has an acute problem that is focused on and 1 does not have the answer to the question.

10 out of 12 clients experienced significant reduction of genes from symptom 1 and symptom 2. 1 client experiences 100% reduction, 2 clients experience 50% reduction, 7 clients experience between 10-45% reduction and 2 clients experience no reduction.

The extent to which the clients experience the effects of the symptoms on physical activity and general well-being can be read by the yellow and blue columns.

10 out of 12 clients find that their general well-being is less affected after the course of treatment. This means that they score themselves to have significantly better well-being than before the course of treatment.

5 clients experience more than 50% improvement. 2 clients experience 50% improvement. 3 clients experience 10-45% improvement, and 2 clients find that the selected symptoms affect their well-being to a greater extent than at project start. They do not experience increased well-being after the course of treatment.

An interesting observation is that the clients have an identical of symptoms. 9 clients mention PCO, 8 clients mention migraine and 8 clients mention trauma to back / neck.

We thank the clients and the Fibromyalgia Association for their involvement in our education project, it has been interesting and educational to work with a group of clients with the same specific problem. Hopefully this can inspire other schools around the world.

On behalf of the reflexology students.



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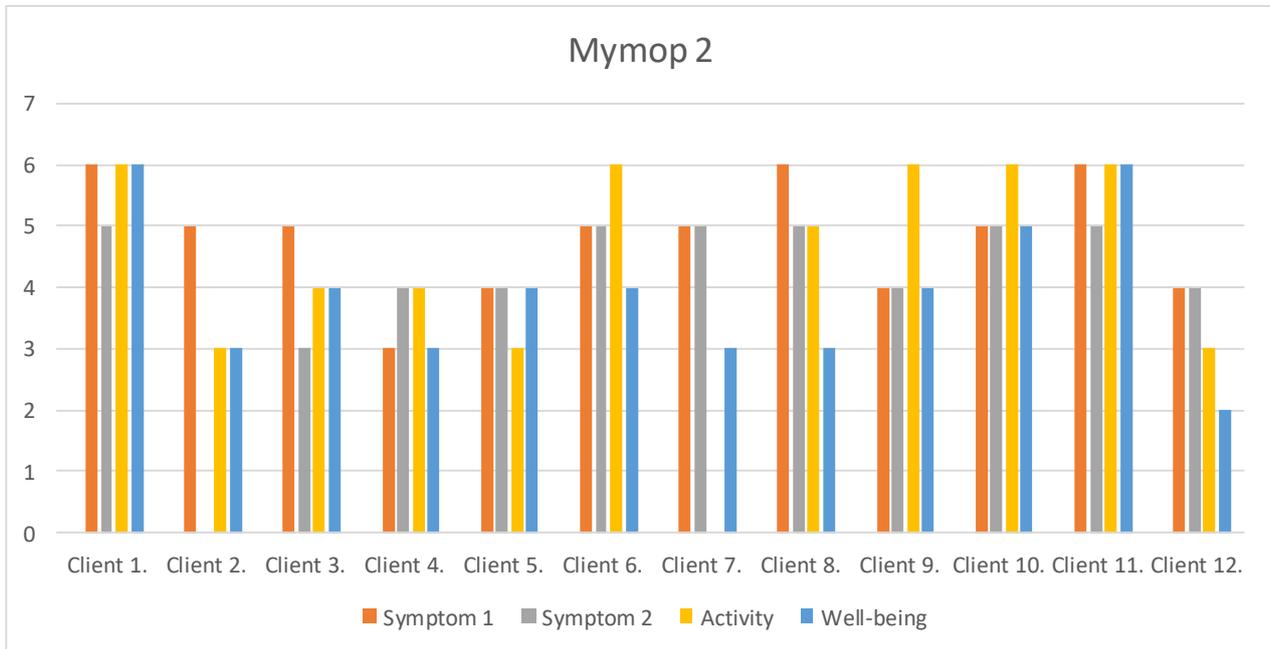
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References: www.bris.ac.uk – www.casere3.org – www.gdpr-info.eu

Use of the MyMOP 2 form in the teaching of Danish Reflexology Students

References: www.bris.ac.uk – www.casere3.org – www.ec.europa.eu



12 Danish women aged 25 to 58 years with fibromyalgia as the first symptom, treated with reflexology. The treatments were carried out by Danish reflexology students. The students were in the third semester and finish their exams few months after the pilot project. Treatments performed once a week for 4 weeks. Followed by the students writing a **Case Report** on their client, following recommended guidelines and the **GDPR LAW** a **General Data Protection Regulation**, that came into force in Europe May 2018.

