

REHABILITATION PROGRAMME

*for treatment of
Fibromyalgia*

*Run by
Medmark
Occupational
Healthcare*

In association with Irish Life



Fibromyalgia is a condition where the defining characteristic is widespread pain that can be in any part of the body and can move around to other body parts too. Other symptoms associated with the condition are fatigue, anxiety, morning stiffness and sleep disorders.

This programme is designed to assist you if you are suffering with Fibromyalgia. The programme is tailored to your needs and is designed to help improve your quality of life, and assist in your transition back into the workplace.

HOW DOES THE PROGRAMME WORK

This is a 12 week programme with a multidisciplinary approach, it consists of a number of steps involving a variety of treatment approaches.

- The initial assessment is carried out by an Occupational Health Physician who will explain the steps of the programme, addressing any concerns you may have and provide ongoing support to you. Then the programme will cover the following sessions:
 - Cognitive Behavioural Therapy (CBT) 6 sessions are a central part of the programme.
 - 2 Sessions with a nutritionist are provided.
 - There are 12 attendances with a physiotherapist.
- Ongoing Reviews and Support
 - The Occupational Health Physician will review your progress.
 - An Occupational Health Nurse will manage your appointments.

The programme is individually tailored to your specific needs in consultation with you.

How is this programme paid for?

The cost of the programme is fully paid for by Irish Life.

Why are Irish Life providing this service?

This programme is provided to try and assist you to improve your quality of life, and assist in your transition back to the workplace.

Where does the programme take place?

The programme is run from four different locations in the country – Dublin, Cork, Galway and Limerick.

How does the programme begin?

If you wish to participate in the Rehabilitation programme for Treatment of Fibromyalgia, Irish Life will ask you to complete a consent form first.

This authorises Medmark Occupational Healthcare to contact you and arrange an initial assessment.

Our Rehabilitation Specialist will be available to discuss any aspect of the programme with you further.

Confidentiality

Medmark Occupational Healthcare will only disclose information about you to Irish Life's Chief Medical Officer.

Reports from the programme will be used by the Income Protection Claims team in the management of your claim.

Talk to us

If you want more information on this programme, please contact:



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Specialist

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