Patient Name	
reatment Review	
oid the treatments help or not? (List treatments)	
reatment:	
reatment:	
reatment:	

Bring this to discuss with your provider at your next appointment.

MORE INFORMATION

For additional information on the VA/ DoD Clinical Practice Guideline for the Management of Chronic Multisymptom Illness, Frequently Asked Questions (FAQ) and Patient Summary at Scan the QR code to visit the CMI CPG



CMI Patient Summary



A Guide for Patients and Providers on **Chronic Multisymptom Illness**

awareness

exercise

health consultation

SUPPORT diagnosis

headache

quality of life

concentration problems memory troubles

CMI constipation chain

g chronic fatigue

gastrointestinal disorders

relaxation

Joint Pain

PAIN

meditation

therapy

examination

patient-centered care

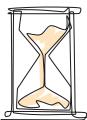
treatment







VA/DoD Clinical Practice Guideline for Management of Chronic Multisymptom Illness 2021



What is **CHRONIC MULTISYMPTOM ILLNESS**

People who have multiple symptoms across different body systems that have lasted longer than 6 months that are not explained by any other medical condition may have CMI.

SYMPTOMS

It is important to talk with your provider about ALL of your symptoms. Many people with CMI suffer from different symptoms.

- Symptoms can interfere with your daily life or cause emotional stress.
- They can affect your ability to function, interfering with your physical activities or your emotional state.



This can make it harder to focus, complete your daily tasks, and socialize with coworkers, friends and family.





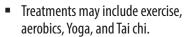


Work with your healthcare team to make a plan and set goals.

- Develop a personal health plan with a longterm timeline for follow-up and monitoring your progress toward personal goals.
- Identify individual treatment goals focused on improving your quality of life.
- Set goals together with your healthcare team.

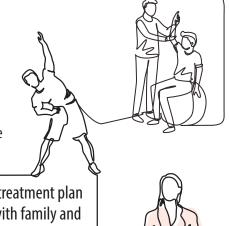
TREATMENT OPTIONS

 Treatments may be approached with a patient care "team" that may include Physical Therapists, Occupational Therapists, Massage Therapists, Acupuncture Therapists, or Behavioral Therapists.



 Some goals of treatments are to help increase resilience, cope with symptoms, decrease the impact your symptoms have on daily life, and enhance quality of life.





VA/DoD Clinical

Practice Guideline



Share your treatment plan and goals with family and friends. Ask how they can help support you with achieving your goals.

TAKE CHARGE OF YOUR HEALTH

Be an active participant in your healthcare to help decrease the impact your symptoms have on your daily life. Treat CMI with a whole health/holistic approach.

- ☐ Educate yourself learn more about Chronic Multisymptom Illness – do more research
- Keep positive
- Set goals & Make plans
- Manage your symptoms
- Work to improve your ability to do daily activities
- Keep your doctor appointments



Improve Your Quality of Life