**Sporadic Inclusion Body Myositis (sIBM)**

- sIBM is a progressive, idiopathic inflammatory myopathy characterized by atrophy and weakness of proximal and distal muscle groups.
  - Common sites affected include: shoulder girdle, antebrachial, and deltoid muscles.
  - Features include: focal muscle atrophy, proximal weakness, and fasciculations.

**Methods**

- Search of published literature indexed on PubMed was conducted to identify concepts relevant for review in sIBM.
- Articles published between January 2000 and March 2016 were identified for inclusion.
  - Literature was explored through library searches, discussions with experts, and systematic literature reviews.
  - A total of 171 articles met the inclusion criteria.

**Anthropological Analysis**

- The same two ethnographic interviewees conducted all participant interviews, following a structured discussion but allowing the process to be adaptive at data collection.
  - Data were analyzed with the constant comparative method, using open coding and refining of codes.
  - No participants withdrew consent.

**Results**

- A summary of symptoms, impacts related to physical functioning, and psychological impacts were identified.
  - Examples of psychological impacts include anxiety, depression, and social isolation.
  - Impacts related to physical functioning include atrophy, weakness, and fatigue.

**Conclusion**

- Most social interactions become “intromittently and drastically reduced” due to lack of independence and the need for assistance, which can be a satisfactory outcome.
- Participants also indicated an increase in muscle mass and strength would be desirable.
- The majority of participants stated that the lack of awareness about sIBM in society and the general medical community was problematic.
- Participants expressed that ongoing research, disease awareness, and continued education would be very meaningful to them as new treatment options emerge.

**Disease Model**

- A disease model depicting a proposed pathway from a clinically diagnosed disease of IBM, modifying factors, proposed concepts of signs and symptoms, and pathogenetic concepts and diagnostic and therapeutic approaches.

**References**