New Clinical Fibromyalgia Diagnostic Criteria

To answer the following questions, patients should take into consideration:

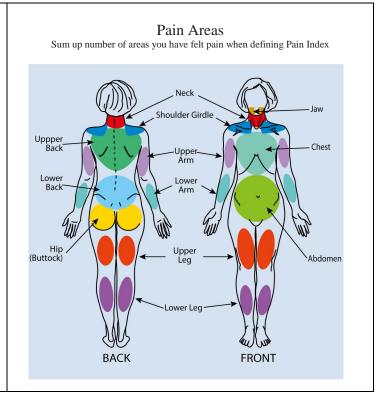
- How you felt the passed week,
- While taking your current therapies and treatments, and also
- Exclude your pain or symptoms from other known illnesses such as arthritis, Lupus, Sjogren's, etc.

Determining Your Widespread Pain Index (WPI) – part 1.

The WPI Index score from Part 1 is between 0 and 19.

Check, by writting 1, each area you have felt pain in over the past week

Shoulder girdle, left Shoulder girdle, right Upper arm, left Upper arm, right Lower arm, left Lower arm, right Hip (buttock, trochanter), left Hip (buttock, trochanter), right Upper leg, left Upper leg, right Lower leg, left Lower leg, right Jaw, left Jaw, right Chest Abdomen Neck Upper back Lower back None above



Count up the number of areas checked and enter your Widespread Pain Index or WPI score here _

Symptom Severity Score (SS score) - part 2a

Indicate your level of symptom severity over the past week using the following scale.

| Fatigue | Waking unrefreshed | Cognitive symptoms |
|-------------------------------|-------------------------------|-------------------------------|
| 0 = None | 0 = None | 0 = None |
| 1 = Slight or mild problems; | 1 = Slight or mild problems; | 1 = Slight or mild problems; |
| generallymild or intermittent | generallymild or intermittent | generallymild or intermittent |
| 2 = Moderate; considerable | 2 = Moderate; considerable | 2 = Moderate; considerable |
| problems;often present and/or | problems;often present and/or | problems;often present and/or |
| at a moderate level | at a moderate level | at a moderate level |
| 3 = Severe: pervasive, | 3 = Severe: pervasive, | 3 = Severe: pervasive, |
| continuous, lifedisturbing | continuous, lifedisturbing | continuous, lifedisturbing |
| problems | problems | problems |

Tally up your score for Part 2a (not the number of checkmarks) and enter it here _____.

Symptom Severity Score (SS score) – part 2b

Check, by writtin 1, each of the following OTHER SYMPTOMS that you have experienced over the past week.

| Muscle pain | Nervousness | Loss/change in taste |
|---------------------------------|-----------------|----------------------|
| Irritable bowel syndrome | Chest pain | Seizures |
| Fatigue/tiredness | Blurred vision | Dry eyes |
| Thinking or remembering problem | Fever | Shortness of breath |
| Muscle weakness | Diarrhea | Loss of appetite |
| Headache | Dry mouth | Rash |
| Pain/cramps in abdomen | Itching | Sun sensitivity |
| Numbness/tingling | Wheezing | Hearing difficulties |
| Dizziness | Raynauld's* | Easy bruising |
| Insomnia | Hives/welts | Hair loss |
| Depression | Ringing in ears | Frequent urination |
| Constipation | Vomiting | Painful urination |
| Pain in upper abdomen | Heartburn | Bladder spasms |
| Nausea | Oral ulcers | |

Count up the number of symptoms checked above. † If you tallied:
0 symptoms Give yourself a score of 0
1 to 10 Give yourself a score of 1
11 to 24 Give yourself a score of 2
25 or more Give yourself a score of 3

Enter your score for part 2b here _____.

Here you find sum of part 2a and 2b _____ This is your Symptom Severity Score (SS score), which can range from 0 to 12.

^{*} Raynaud's **syndrome**, also known as Raynaud's phenomenon, is a medical condition in which spasm of arteries cause episodes of reduced blood flow. Typically the fingers, and less commonly the toes, are involved. Rarely, the nose, ears, or lips are affected. The episodes result in the affected part turning white and then blue. Often, there is numbness or pain. As blood flow returns, the area turns red and burns. The episodes typically last minutes, but can last up to several hours.

^{*}Wolfe F, et al. Arthritis Care Res DOI 10.1002/acr.20140 [Epub ahead of print] February 23, 2010

What Your Scores Mean?

A patient meets the diagnostic criteria for fibromyalgia if the following 3 conditions are met:

1a. The WPI score (Part 1) is greater than or equal to 7 **AND** the SS score (Part 2a & b) is greater than or equal to 5

OR

- **1b.** The WPI score (Part 1) is from 3 to 6 **AND** the SS score (Part 2a & b) is greater than or equal to 9.
- **2.** Symptoms have been present at a similar level for at least 3 months.
- **3.** You do not have a disorder that would otherwise explain the pain.

For example:

If your WPI (Part 1) was 9 and your SS score (Parts 2a & b) was 6, then you **would meet** the new FM diagnostic criteria.

If your WPI (Part 1) was 5 and your SS score (Parts 2a & b) was 7, then you **would NOT** meet the new FM diagnostic criteria.

*The new FM diagnostic criteria did not specify the number of "Other Symptoms" required to score the point rankings from 0 to 3. Therefore, we estimated the number of symptoms needed to meet the authors' descriptive categories of:

0 = No symptoms

1 = Few symptoms

2 = A moderate number

3 = A great deal of symptoms

You may get additional information on our internet service http://fibromialgia.info.pl or by telephone, from Monday – till Friday, between 9:00 do 15:30 number +48 22 550 60 30 or by an e-mail: info@phytomedica.co.uk

Please Notice

The questionnaire does not substitute diagnosis made by experienced physician. The patient should not diagnose himself or herself. Patient should always consult his/her doctor in order to establish diagnosis and treatment plan. This questionnaire should give you insight in new clinical fibromyalgia diagnostic criteria