

Fibromyalgia Diagnostic Criteria

1) WPI: note the number areas in which the patient has had pain over the last week. In how many areas has the patient had pain? Score will be between 0 and 19.

Put a Check to indicate a painful region.

<input type="checkbox"/> Shoulder, Lt. <input type="checkbox"/> Shoulder, Rt.	<input type="checkbox"/> Upper Leg, Lt. <input type="checkbox"/> Upper Leg, Rt.	<input type="checkbox"/> Lower Back <input type="checkbox"/> Upper Back <input type="checkbox"/> Neck
<input type="checkbox"/> Hip, Lt. <input type="checkbox"/> Hip, Rt.	<input type="checkbox"/> Lower Leg, Lt. <input type="checkbox"/> Lower Leg, Rt.	
<input type="checkbox"/> Upper Arm, Lt. <input type="checkbox"/> Upper Arm, Rt.	<input type="checkbox"/> Jaw, Lt. <input type="checkbox"/> Jaw, Rt.	<input type="checkbox"/> No pain in any of these areas
<input type="checkbox"/> Lower Arm, Lt. <input type="checkbox"/> Lower Arm, Rt.	<input type="checkbox"/> Chest <input type="checkbox"/> Abdomen	

WPI score _____

2) SS scale score:

- ___ Fatigue
- ___ Waking unrefreshed
- ___ Cognitive symptoms

For the each of the 3 symptoms above, indicate the level of severity over the past week using the following scale:

- 0 = no problem
- 1 = slight or mild problems, generally mild or intermittent
- 2 = moderate, considerable problems, often present and/or at a moderate level
- 3 = severe: pervasive, continuous, life-disturbing problems

___ Considering somatic symptoms in general, indicate whether the patient has:*

- 0 = no symptoms
- 1 = few symptoms
- 2 = a moderate number of symptoms
- 3 = a great deal of symptoms

The SS scale score is the sum of the severity of the 3 symptoms (fatigue, waking unrefreshed, cognitive symptoms) plus the extent (severity) of somatic symptoms in general. The final score is between 0 and 12.

___ SS Scale Score

Criteria

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

- 1) Widespread pain index (WPI) ≥ 7 and symptom severity (SS) scale score ≥ 5 or WPI 3–6 and SS scale score ≥ 9 .
- 2) Symptoms have been present at a similar level for at least 3 months.
- 3) The patient does not have a disorder that would otherwise explain the pain.

** Somatic symptoms that might be considered: muscle pain, irritable bowel syndrome, fatigue/tiredness, thinking or remembering problem, muscle weakness, headache, pain/cramps in the abdomen, numbness/tingling, dizziness, insomnia, depression, constipation, pain in the upper abdomen, nausea, nervousness, chest pain, blurred vision, fever, diarrhea, dry mouth, itching, wheezing, Raynaud's phenomenon, hives/welts, ringing in ears, vomiting, heartburn, oral ulcers, loss of/change in taste, seizures, dry eyes, shortness of breath, loss of appetite, rash, sun sensitivity, hearing difficulties, easy bruising, hair loss, frequent urination, painful urination, and bladder spasms.*

Draft

