

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 writing **1**, each area you have felt pain in over the **past week**

<ul style="list-style-type: none"> 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 	<p>Pain Areas</p> <p>Sum up number of areas you have felt pain when defining Pain Index</p>
---	--

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; generally mild or intermittent	1 = Slight or mild problems; generally mild or intermittent	1 = Slight or mild problems; generally mild or intermittent
2 = Moderate; considerable problems; often present and/or at a moderate level	2 = Moderate; considerable problems; often present and/or at a moderate level	2 = Moderate; considerable problems; often present and/or at a moderate level
3 = Severe: pervasive, continuous, lifedisturbing problems	3 = Severe: pervasive, continuous, lifedisturbing problems	3 = Severe: pervasive, continuous, lifedisturbing 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	Raynaud'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