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# **ASSESSMENT AND DIAGNOSIS**



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# Overview

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# Clinical Features of Central Sensitization/Dysfunctional Pain

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## Pain

- Pain all over body
- Muscles stiff/achy
- Headaches
- Pain in jaw
- Pelvic pain
- Bladder/urination pain

## Anxiety/depression

- Sad or depressed
- Anxiety
- Stress makes symptoms worse
- Tension in neck and shoulder
- Grind/clench teeth

## Fatigue

- Do not sleep well
- Unrefreshed in morning
- Easily tired with physical activity

## Other symptoms

- Difficulty concentrating
- Need help with daily activities
- Sensitive to bright lights
- Skin problems
- Diarrhea/constipation

# Central Sensitization Inventory (CSI)

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- A self-report measure designed to assess key somatic and emotional symptoms often associated with central sensitivity syndromes, including fibromyalgia
- Clinical goal: help better assess symptoms to aid physicians in syndrome categorization, sensitivity, severity, identification, and treatment planning and to help minimize or avoid unnecessary diagnostics and treatment procedures
- Fibromyalgia patients report high CSI scores
- Test demonstrates psychometric strength, clinical utility and validity

# Central Sensitization Inventory (CSI)

## Part A

| Please circle the best response to the right of each statement. |   |       |        |           |               |        |
|---|---|-------|--------|-----------|---------------|--------|
| 1   | I feel unrefreshed when I wake up in the morning.                                 | Never | Rarely | Sometimes | Often         | Always |
| 2   | My muscles feel stiff and achy.   | Never | Rarely | Sometimes | Often         | Always |
| 3   | I have anxiety attacks.   | Never | Rarely | Sometimes | Often         | Always |
| 4   | I grind or clench my teeth.   | Never | Rarely | Sometimes | Often         | Always |
| 5   | I have problems with diarrhea and/or constipation.                                | Never | Rarely | Sometimes | Often         | Always |
| 6   | I need help in performing my daily activities.                                    | Never | Rarely | Sometimes | Often         | Always |
| 7   | I am sensitive to bright lights.  | Never | Rarely | Sometimes | Often         | Always |
| 8   | I get tired very easily when I am physically active.                              | Never | Rarely | Sometimes | Often         | Always |
| 9   | I feel pain all over my body.   | Never | Rarely | Sometimes | Often         | Always |
| 10  | I have headaches.   | Never | Rarely | Sometimes | Often         | Always |
| 11  | I feel discomfort in my bladder and/or burning when I urinate.                    | Never | Rarely | Sometimes | Often         | Always |
| 12  | I do not sleep well.  | Never | Rarely | Sometimes | Often         | Always |
| 13  | I have difficulty concentrating.  | Never | Rarely | Sometimes | Often         | Always |
| 14  | I have skin problems such as dryness, itchiness or rashes.                        | Never | Rarely | Sometimes | Often         | Always |
| 15  | Stress makes my physical symptoms get worse.                                      | Never | Rarely | Sometimes | Often         | Always |
| 16  | I feel sad or depressed.  | Never | Rarely | Sometimes | Often         | Always |
| 17  | I have low energy.  | Never | Rarely | Sometimes | Often         | Always |
| 18  | I have muscle tension in my neck and shoulders.                                   | Never | Rarely | Sometimes | Often         | Always |
| 19  | I have pain in my jaw.  | Never | Rarely | Sometimes | Often         | Always |
| 20  | Certain smells, such as perfumes, make me feel dizzy and nauseated.               | Never | Rarely | Sometimes | Often         | Always |
| 21  | I have to urinate frequently.   | Never | Rarely | Sometimes | Often         | Always |
| 22  | My legs feel uncomfortable and restless when I am trying to go to sleep at night. | Never | Rarely | Sometimes | Often         | Always |
| 23  | I have difficulty remembering things.   | Never | Rarely | Sometimes | Often         | Always |
| 24  | I suffered trauma as a child.   | Never | Rarely | Sometimes | Often         | Always |
| 25  | I have pain in my pelvic area.  | Never | Rarely | Sometimes | Often         | Always |
|   |   |       |        |           | <b>Total=</b> |        |

## Part B

| Have you been diagnosed by a doctor with any of the following disorders?<br>Please check the box to the right for each diagnosis and write the year of the diagnosis. |  |    |     |                |
|---|--|----|-----|----------------|
|   |  | NO | YES | Year Diagnosed |
| 1   | Restless Leg Syndrome                  |    |     |                |
| 2   | Chronic Fatigue Syndrome               |    |     |                |
| 3   | Fibromyalgia                           |    |     |                |
| 4   | Temporomandibular Joint Disorder (TMJ) |    |     |                |
| 5   | Migraine or tension headaches          |    |     |                |
| 6   | Irritable Bowel Syndrome               |    |     |                |
| 7   | Multiple Chemical Sensitivities        |    |     |                |
| 8   | Neck Injury (including whiplash)       |    |     |                |
| 9   | Anxiety or Panic Attacks               |    |     |                |
| 10  | Depression                             |    |     |                |

# Diagnosing Fibromyalgia

- On average it takes patients **>2 years** to be diagnosed with fibromyalgia
- A estimated **75%** of people with fibromyalgia remain undiagnosed

## Overview of Diagnosis

- History of fibromyalgia or related conditions
  - Personal and family history
- Physical examination
  - Most important to identify any other possible conditions
- Differential diagnosis
  - Clinical/laboratory evaluation to identify other possible conditions

## Consequences of Non-diagnosis

- Failure to diagnose fibromyalgia is associated with increased costs and increased use of medical resources



# FiRST: Fibromyalgia Rapid Screening Tool

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- Self-administered 6-item questionnaire
- Score of  $\geq 5$  is indicative of fibromyalgia
- Sensitivity: 90.5%
- Specificity: 85.7%

## Items

1. I have pain all over my body.
2. My pain is accompanied by continuous and very unpleasant general fatigue.
3. My pain feels like burns, electric shocks or cramps.
4. My pain is accompanied by other unusual sensations throughout my body, such as pins and needles, tingling or numbness.
5. My pain is accompanied by other health problems such as digestive problems, urinary problems, headaches or restless legs.
6. My pain has a significant impact on my life, particularly on my sleep and my ability to concentrate, making me feel slower generally.

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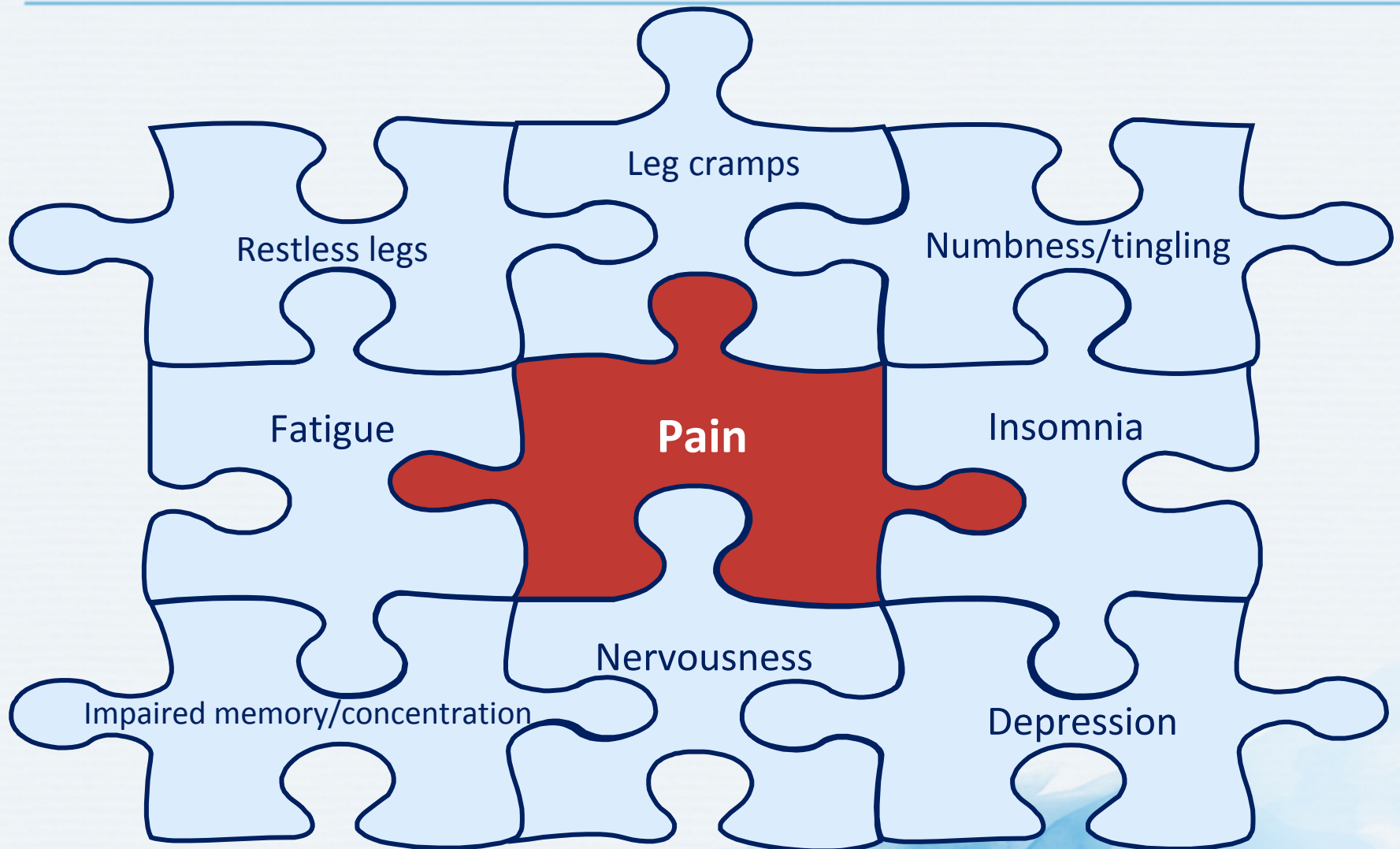
# History

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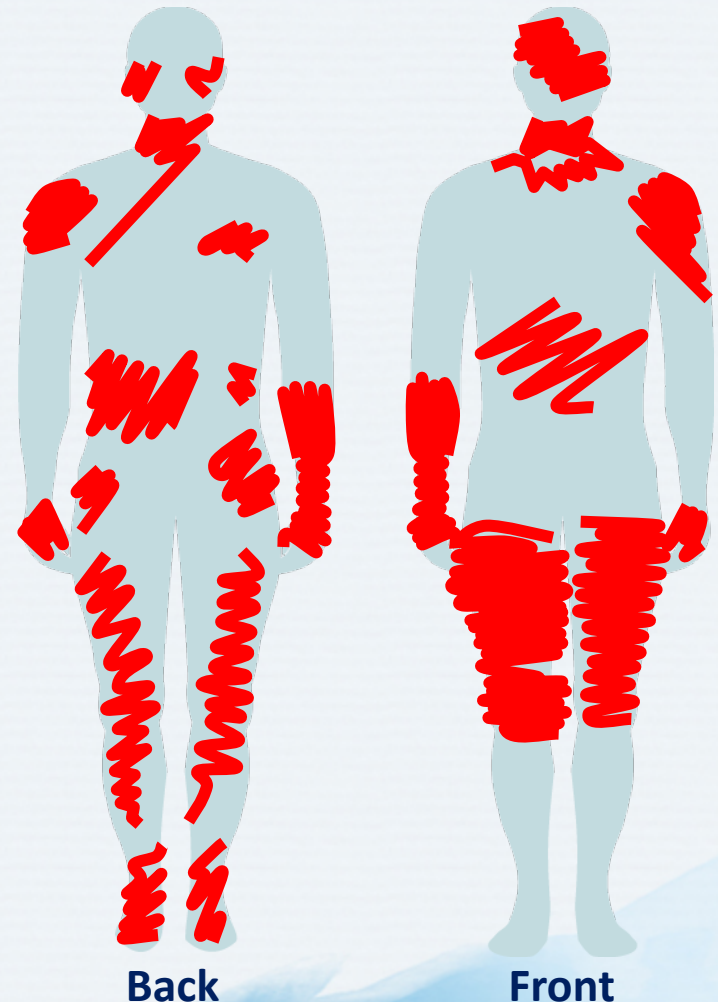
# How to Recognize Fibromyalgia: Pain Is the Common Piece of the Puzzle

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# Patients with Fibromyalgia Present with a Global Pain Disorder

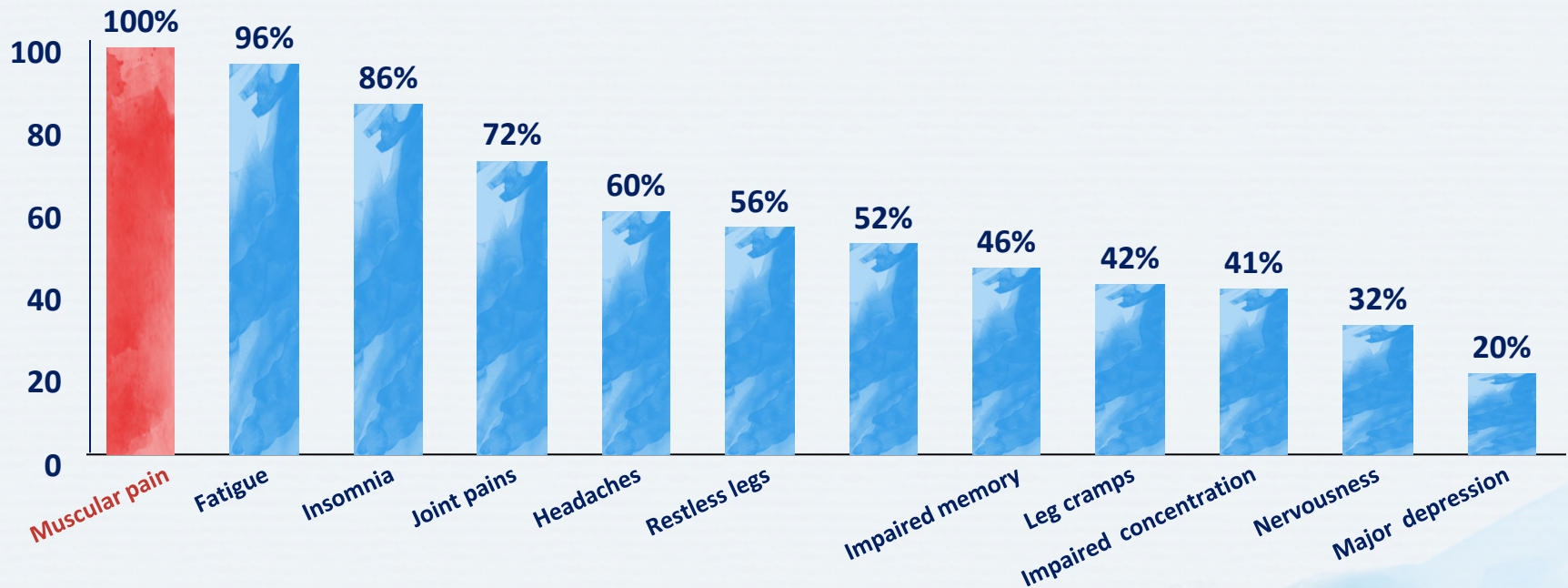
- This is a pain drawing
  - Patient colors all areas of the body in which he or she feels pain<sup>1</sup>
- The diagram shows that the pain of fibromyalgia is widespread<sup>2</sup>



Adapted from pain drawing provided courtesy of L Bateman.

# Symptoms of Fibromyalgia

- Pain, fatigue and sleep disturbance are present in at least **86% of patients\***



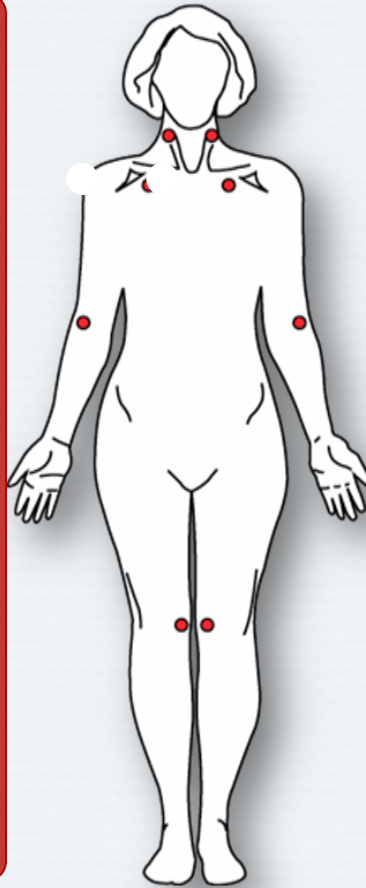
\*United States data

Wolfe F et al *Arthritis Rheum* 1990; 33(2):160-72.

# Core Clinical Features of Fibromyalgia

## Widespread pain

- Chronic, widespread pain is the defining feature of fibromyalgia
- Patient descriptors of pain include:
  - Aching
  - Exhausting
  - Nagging
  - Hurting



Neurocognitive impairment  
("fibro fog")

Sleep disturbance/fatigue

Mood disorders

Morning stiffness

# Stressors

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- Some triggering event may trigger fibromyalgia but is *not* a prerequisite
- Onset of fibromyalgia is often gradual, with no identifiable trigger
- Stressors that may trigger fibromyalgia:
  - Peripheral pain syndromes
  - Physical trauma,
  - Infections (e.g., parvovirus, Epstein-Barr virus, Lyme disease, Q fever)
  - Psychological stress/distress, including sleep disturbances

Development of fibromyalgia after a precipitating event may represent the onset of a prolonged and disabling pain syndrome with considerable social and economic implications.

# Fibromyalgia as a Consequence of Trauma

## Factors Triggering Fibromyalgia or Associated with its Onset (n = 136)

| Factor               | Trigger factors | Associated factors* |
|----------------------|-----------------|---------------------|
| Cold                 | 0               | 15                  |
| Stress               | 9               | 35                  |
| Emotions             | 5               | 35                  |
| Overwork             | 0               | 22                  |
| Trauma               | 24              | 24                  |
| Surgery              | 4               | 13                  |
| Death in the family  | 0               | 13                  |
| Family problems      | 2               | 25                  |
| Fatigue              | 0               | 23                  |
| No cause/association | 55              | 5                   |

In most cases of fibromyalgia, there is **no predisposing trigger**.

\*More than one factor possible for the same patient

Adapted from: Wolfe F. *Am J Med* 1986; 81(3A):7-14.



# Modulating Factors of Fibromyalgia Syndrome Pain

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| Exacerbating factors     | Mean % |  | Relieving factors    | Mean % |
|--------------------------|--------|--|----------------------|--------|
| Weather (cold, humidity) | 65     |  | Local heat           | 58     |
| Poor sleep               | 70     |  | Rest                 | 54     |
| Anxiety, stress          | 61     |  | Moderate activities  | 46     |
| Physical inactivity      | 49     |  | Stretching exercises | 43     |
| Noise                    | 22     |  | Massage              | 40     |



# Symptom Intensity Scale (SIS)

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- Easy, rapid way to assess regional pain **and** fatigue in a patient
- Can uncover comorbid depression
- Is a simple way to measure overall health
- Can detect fibromyalgia in patients who have other diseases
- When fatigue is the dominant system, questionnaire includes consideration of obstructive sleep apnea
- SIS score is derived from 2 distinct measures:

| Regional Pain Score  |   | Fatigue Visual Analog Score   |
|--|---|---|
| Number of anatomic areas (out of 19) in which the patient feels pain | + | Patient makes a mark somewhere along a 10-cm line to indicate how tired he or she feels |

# Symptom Intensity Scale (SIS)

Please indicate any areas of pain in the past 7 days

| AREAS             | YES   | NO    | AREAS             | YES   | NO    |
|-------------------|-------|-------|-------------------|-------|-------|
| Jaw (left)        | _____ | _____ | Upper arm (left)  | _____ | _____ |
| Jaw (right)       | _____ | _____ | Upper arm (right) | _____ | _____ |
| Chest             | _____ | _____ | Upper back        | _____ | _____ |
| Abdomen           | _____ | _____ | Hip (left)        | _____ | _____ |
| Forearm (left)    | _____ | _____ | Hip (right)       | _____ | _____ |
| Forearm (right)   | _____ | _____ | Shoulder (left)   | _____ | _____ |
| Upper leg (left)  | _____ | _____ | Shoulder (right)  | _____ | _____ |
| Upper leg (right) | _____ | _____ | Neck              | _____ | _____ |
| Lower leg (left)  | _____ | _____ | Low back          | _____ | _____ |
| Lower leg (right) | _____ | _____ |                   |       |       |

Total number of painful areas:  
(this is the Regional Pain Scale score) \_\_\_\_\_

Please indicate your current level of fatigue

No fatigue | \_\_\_\_\_ | Very fatigued

(Measure the position of the patient's response in centimeters from the left end of this 10-cm line.  
This is the fatigue visual analogue scale score.)

**Survey Criteria for fibromyalgia syndrome:**

Regional Pain Scale score of 8 or higher and fatigue visual analogue scale score 6 cm or higher<sup>a</sup>

**Symptom Intensity Scale score =**

$[(\text{Fatigue visual analogue scale} + (\text{Regional Pain Scale score} / 2)) / 2]^b$

<sup>a</sup>A score of 5.0 cm or higher on the fatigue visual analogue scale is probably consistent with a diagnosis of fibromyalgia syndrome.

<sup>b</sup>A score  $\geq 5.75$  is diagnostic and differentiates fibromyalgia syndrome from other rheumatic conditions.

# Fibromyalgia Impact Questionnaire (FIQ)

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- Developed to capture the total spectrum of problems related to fibromyalgia and responses to therapy
- Has been shown to have a credible construct validity, reliable re-test characteristics, and a good sensitivity in demonstrating therapeutic change
- Commonly used as an outcome measure in therapeutic trials
- Self-administered; requires 3–5 minutes to complete
- Simple directions and scoring
- Has been translated into 8 languages
- Most recent version is available at **[www.myalgia.com/FIG/FIQ](http://www.myalgia.com/FIG/FIQ)**

# Fibromyalgia Impact Questionnaire (FIQ)

## The FIQ Directions and Questions

**Directions:** For questions 1 through 3, please circle the number that best describes how you did overall for the past week. If you don't normally do something that is asked, cross the question out.

### **Question 1.**

| <b>Were you able to:</b>                  | <b>Always</b> | <b>Most</b> | <b>Occasionally</b> | <b>Never</b> |
|---|---------------|-------------|---------------------|--------------|
| 1. Do shopping ?                          | 0             | 1           | 2                   | 3            |
| 2. Do laundry with washer and dryer ?     | 0             | 1           | 2                   | 3            |
| 3. Prepare meals ?                        | 0             | 1           | 2                   | 3            |
| 4. Wash dishes/cooking utensils by hand ? | 0             | 1           | 2                   | 3            |
| 5. Vacuum a rug ?                         | 0             | 1           | 2                   | 3            |
| 6. Make beds ?                            | 0             | 1           | 2                   | 3            |
| 7. Walk several blocks ?                  | 0             | 1           | 2                   | 3            |
| 8. Visit friends or relatives ?           | 0             | 1           | 2                   | 3            |
| 9. Do yard work ?                         | 0             | 1           | 2                   | 3            |
| 10. Drive a car ?                         | 0             | 1           | 2                   | 3            |
| 11. Climb stairs ?                        | 0             | 1           | 2                   | 3            |

**Question 2.** *Of the 7 days in the past week, how many days did you feel good ?*

0   1   2   3   4   5   6   7

**Question 3.** *How many days last week did you miss work, including housework, because of fibromyalgia ?*

0   1   2   3   4   5   6   7

# Fibromyalgia Impact Questionnaire (FIQ)

**“For the remaining items, mark the point on the line that best indicates how you felt overall for the past week.”**

**Question 4.** *When you worked, how much did pain or other symptoms of your fibromyalgia interfere with your ability to do your work, including housework ?*

● \_\_\_\_\_ ●  
No problem with work Great difficulty with work

**Question 5.** *How bad has your pain been ?*

● \_\_\_\_\_ ●  
No pain Very severe pain

**Question 6.** *How tired have you been ?*

● \_\_\_\_\_ ●  
No tiredness Very tired

**Question 7.** *How have you felt when you get up in the morning ?*

● \_\_\_\_\_ ●  
Awoke well rested Awoke very tired

**Question 8.** *How bad has your stiffness been ?*

● \_\_\_\_\_ ●  
No stiffness Very stiff

**Question 9.** *How nervous or anxious have you felt ?*

● \_\_\_\_\_ ●  
Not anxious Very anxious

**Question 10.** *How depressed or blue have you felt ?*

● \_\_\_\_\_ ●  
Not depressed Very depressed

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# Physical Examination

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# Physical Exam: Manual Tender Point Survey

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- Based on 1990 ACR tender point protocol for fibromyalgia
- Can be performed in 5–10 minutes
- 18 survey and 3 control sites examined in a specific numerical order
- Control sites reveal baseline of patient's pain perception

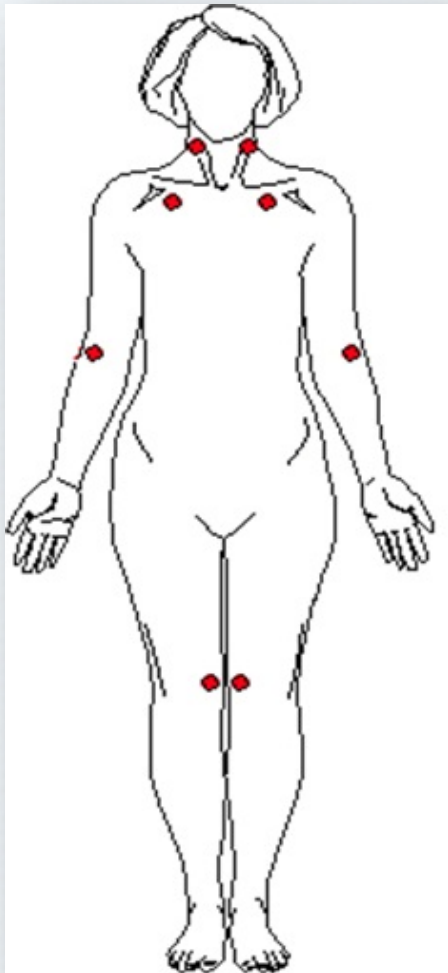


# Performing a Manual Tender Point Survey

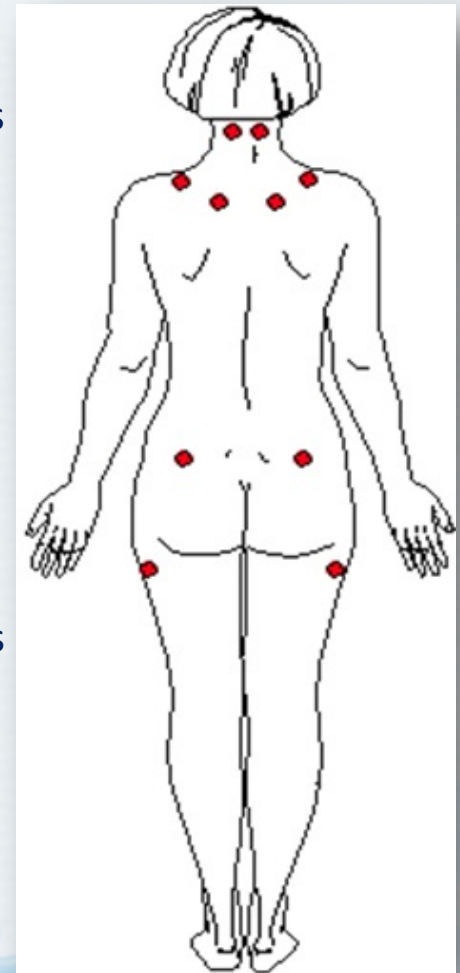
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- Digital palpation with an approximate force of 4 kg
  - **Estimated pressure needed to turn the examiner's thumbnail white upon depressing**
  - For a “positive” tender point, subject must state palpation was painful
- Accuracy for fibromyalgia:
  - Sensitivity: **88.4%**
  - Specificity: **81.1%**
- **Controversies** regarding tender point evaluation:
  - Subjective
  - May not be necessary for diagnostic studies
  - What about fewer than 11 of 18 tender points?

# Manual Tender Point Survey: Illustration of 18 Tender Points



- Lateral epicondyle (2) – 2 cm distal to epicondyles
- Occiput (2) – at suboccipital muscle insertions
- Low cervical (2) – at anterior aspects of the intertransverse spaces at C5-C7
- Trapezius (2) – at midpoint of upper border
- Supraspinatus (2) – at origins, above scapula spine near medial border
- Second rib (2) – upper lateral to second costochondral junction
- Gluteal (2) – in upper outer quadrants of buttocks in anterior fold of muscle
- Greater trochanter (2) – posterior to trochanteric prominence
- Knee (2) – at medial fat pad proximal to joint line



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# Imaging and Other Tests

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# Imaging and Laboratory Tests: Fibromyalgia

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- No specific tests are necessary to diagnosis fibromyalgia, but may be useful to exclude other diagnoses

# Differential Diagnosis of Fibromyalgia

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- Hypothyroidism
- Vitamin D deficiency
- Inflammatory rheumatic disease
- Cancer
- Inflammatory muscle diseases

# Differential Diagnoses for Fibromyalgia and Corresponding Testing Options

| Differential diagnoses   | Diagnostic testing options                                |
|--|---|
| Adrenal dysfunction  | Morning serum cortisol, urinary catecholamine metabolites |
| Anemia   | CBC with differential, RBC indices (MCV, MCH, MCHC)       |
| Bone marrow disease  | WBC differential, ESR, CRP, CMP                           |
| Chronic fatigue syndrome   | Clinical history  |
| Functional disorders (e.g., intestinal dysbiosis, subtle endocrine imbalances, and postviral immune suppression) | Standard laboratory testing yields unclear results        |
| Hypothyroidism   | Thyroid function tests (T3, T4, TSH)                      |
| Lyme disease   | Lyme titer, CMP   |
| Psychiatric conditions (e.g., post-traumatic stress disorder, anxiety, and depression)                           | Refer to DSM  |

CBC = complete blood count; CMP = common myeloid progenitor; CRP = C-reactive protein; DSM = Diagnostic and Statistical Manual of Mental Disorders; ESR = erythrocyte sedimentation rate; MCH = mean corpuscular hemoglobin; MCHC = mean corpuscular hemoglobin concentration; MCV = mean corpuscular volume; RBC = red blood cell; TSH = thyroid-stimulating hormone; WBC = white blood cell

Bellato E et al. *Pain Res Treat* 2012; 2012:426130.



# Differential Diagnoses for Fibromyalgia and Corresponding Testing Options (cont'd)

| Differential Diagnoses  | Diagnostic Testing Options   |
|---|--|
| Multiple sclerosis  | MRI scan, lumbar puncture, evoked potential testing                                |
| Phenomenological referred myofascial pain   | Muscular tender points on physical examination                                     |
| Rheumatoid autoimmune disorders (e.g., rheumatoid arthritis, ankylosing spondylitis, scleroderma) | Rheumatic profile (rheumatoid factor, ESR/CRP), ANA                                |
| Sleep disorders   | EEG sleep studies  |
| Spinal facet pain or sacroiliac joint pain  | Radiologic studies (MRI scan, CT scan), bone scans (minimal diagnostic assistance) |
| Spinal disc herniation  | MRI scan   |
| Systemic inflammation or infection  | Radiologic studies (MRI scan, CT scan), bone scans (minimal diagnostic assistance) |
| Vitamin and/or mineral deficiency   | Radiologic studies (MRI scan, CT scan), bone scans (minimal diagnostic assistance) |



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# Diagnosis

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# Is it fibromyalgia or chronic fatigue syndrome?

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## Fibromyalgia

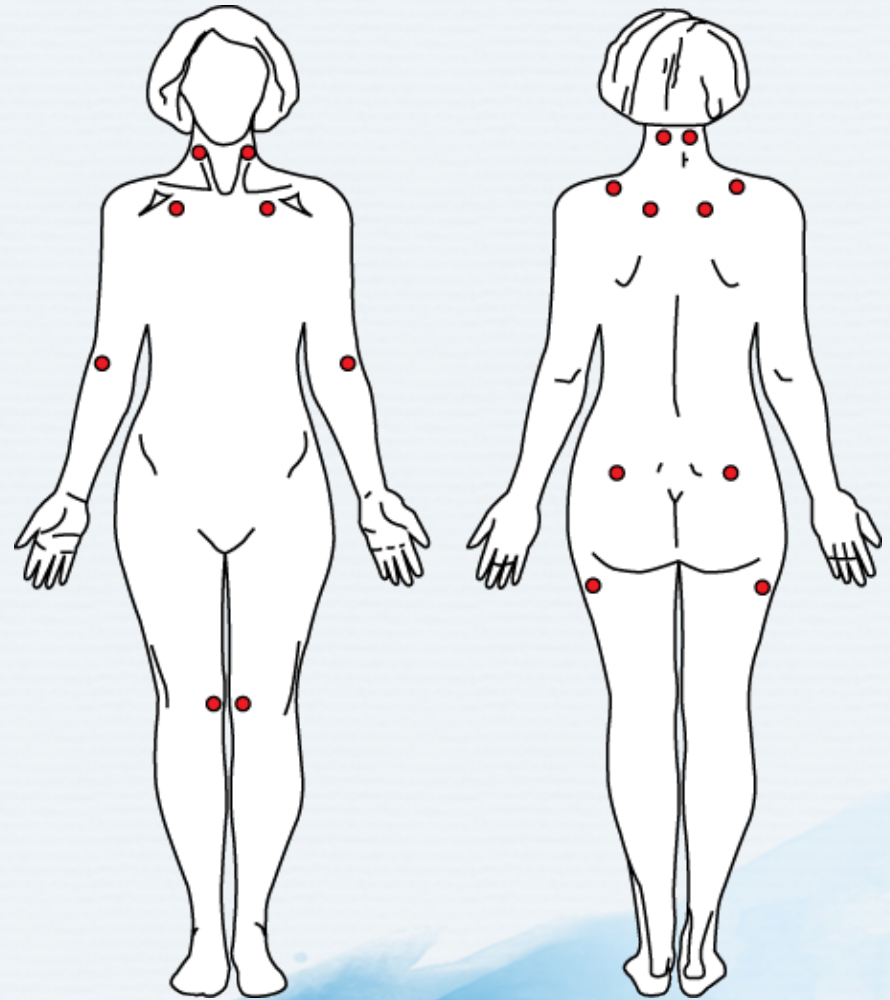
- Primary symptom is generalized muscle pain
- Primary sign is pain at more than 11 of 18 tender points
- 20–70% meet criteria for chronic fatigue syndrome<sup>1</sup>

## Chronic Fatigue Syndrome

- Primary symptom is post-exertional malaise, fatigue
- No current diagnostic test but mitochondrial dysfunction is suspected
- Score of <50 on SF-36 physical function scale can help differentiate from major depression
- 75% also meet criteria for fibromyalgia<sup>2</sup>

# ACR Classification Criteria for Fibromyalgia (1990)

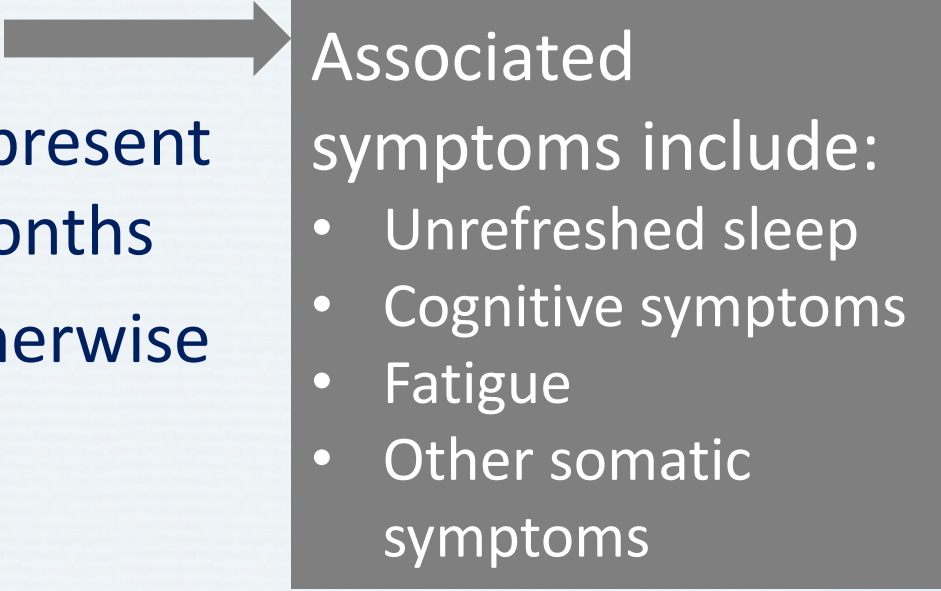
- ACR criteria:
  - History of chronic widespread pain  $\geq 3$  months
  - Patients must exhibit  $\geq 11$  of 18 tender points
- ACR criteria are both sensitive (88.4%) and specific (81.1%)



# ACR Proposed Diagnostic Criteria for Fibromyalgia (2010)

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- Fibromyalgia can be diagnosed if:
  - Patient experiences widespread pain and associated symptoms
  - Symptoms have been present at same level for  $\geq 3$  months
  - No other condition otherwise explains the pain



Associated symptoms include:

- Unrefreshed sleep
- Cognitive symptoms
- Fatigue
- Other somatic symptoms

# ACR Diagnostic Criteria for Fibromyalgia – 2010

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**The 2010 ACR criteria require assessment of 3 key elements:**

- Presentation of widespread pain and symptoms for **≥3 months**
- **Widespread Pain Index (WPI)\***
  - Assesses number of painful body areas
- **Symptom Severity Scale (SSS)\***
  - Assesses severity of fatigue, waking unrefreshed, cognitive symptoms, and extent of other somatic symptoms

\*Health care practitioner-administered questionnaire

ACR = American College of Rheumatology

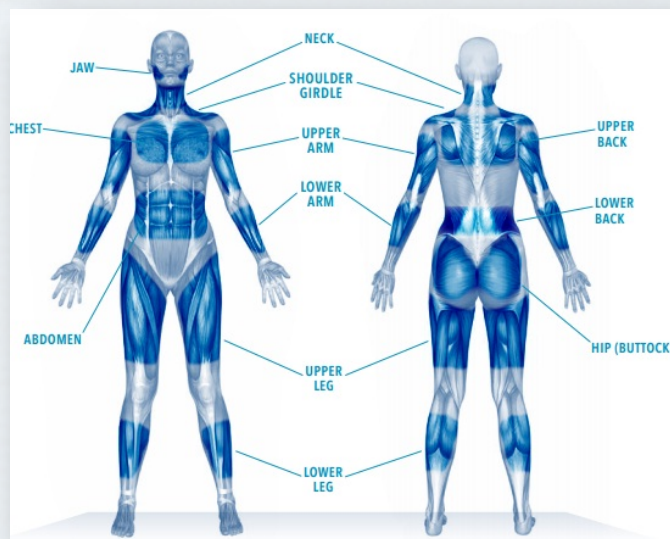
Wolfe F et al. *Arthritis Care Res (Hoboken)* 2010; 62(5):600-10.



# Widespread Pain Index (WPI)

Identify the areas where the patient felt pain over the **past week**

- |   |   |   |                                     |
|---|---|---|-------------------------------------|
| <input type="checkbox"/> Shoulder girdle, left  | <input type="checkbox"/> Lower arm, right     | <input type="checkbox"/> Lower leg, left  | <input type="checkbox"/> Abdomen    |
| <input type="checkbox"/> Shoulder girdle, right | <input type="checkbox"/> Hip (buttock), left  | <input type="checkbox"/> Lower leg, right | <input type="checkbox"/> Neck       |
| <input type="checkbox"/> Upper arm, left        | <input type="checkbox"/> Hip (buttock), right | <input type="checkbox"/> Jaw, left        | <input type="checkbox"/> Upper back |
| <input type="checkbox"/> Upper arm, right       | <input type="checkbox"/> Upper leg, left      | <input type="checkbox"/> Jaw, right       | <input type="checkbox"/> Lower back |
| <input type="checkbox"/> Lower arm, left        | <input type="checkbox"/> Upper leg, right     | <input type="checkbox"/> Chest            |                                     |



# Symptom Severity Scale (SSS) (Part A)

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| Fatigue  | Waking unrefreshed   | Cognitive symptoms   |
|--|--|--|
| <input type="checkbox"/> 0 = No problem  | <input type="checkbox"/> 0 = No problem  | <input type="checkbox"/> 0 = No problem  |
| <input type="checkbox"/> 1 = Slight or mild problems;<br>generally mild or intermittent                      | <input type="checkbox"/> 1 = Slight or mild problems;<br>generally mild or intermittent                      | <input type="checkbox"/> 1 = Slight or mild problems;<br>generally mild or intermittent                      |
| <input type="checkbox"/> 2 = Moderate; considerable<br>problems; often present<br>and/or at a moderate level | <input type="checkbox"/> 2 = Moderate; considerable<br>problems; often present<br>and/or at a moderate level | <input type="checkbox"/> 2 = Moderate; considerable<br>problems; often present<br>and/or at a moderate level |
| <input type="checkbox"/> 3 = Severe; pervasive, continuous,<br>life-disturbing problems                      | <input type="checkbox"/> 3 = Severe; pervasive, continuous,<br>life-disturbing problems                      | <input type="checkbox"/> 3 = Severe; pervasive, continuous,<br>life-disturbing problems                      |



# Symptom Severity Scale – Other Somatic Symptoms (Part B)

| Other somatic symptoms                                     |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> Muscle pain                       | <input type="checkbox"/> Depression                        | <input type="checkbox"/> Itching              | <input type="checkbox"/> Dry eyes             |
| <input type="checkbox"/> Irritable bowel syndrome          | <input type="checkbox"/> Constipation                      | <input type="checkbox"/> Wheezing             | <input type="checkbox"/> Shortness of breath  |
| <input type="checkbox"/> Fatigue/tiredness                 | <input type="checkbox"/> Pain in upper abdomen             | <input type="checkbox"/> Raynaud's            | <input type="checkbox"/> Loss of appetite     |
| <input type="checkbox"/> Thinking or memory problem        | <input type="checkbox"/> Nausea                            | <input type="checkbox"/> Hives/welts          | <input type="checkbox"/> Rash                 |
| <input type="checkbox"/> Muscle weakness                   | <input type="checkbox"/> Nervousness                       | <input type="checkbox"/> Ringing in ears      | <input type="checkbox"/> Sun sensitivity      |
| <input type="checkbox"/> Headache                          | <input type="checkbox"/> Chest pain                        | <input type="checkbox"/> Vomiting             | <input type="checkbox"/> Hearing difficulties |
| <input type="checkbox"/> Pain/cramps in abdomen            | <input type="checkbox"/> Blurred vision                    | <input type="checkbox"/> Heartburn            | <input type="checkbox"/> Easy bruising        |
| <input type="checkbox"/> Numbness/tingling                 | <input type="checkbox"/> Fever                             | <input type="checkbox"/> Oral ulcers          | <input type="checkbox"/> Hair loss            |
| <input type="checkbox"/> Dizziness                         | <input type="checkbox"/> Diarrhea                          | <input type="checkbox"/> Loss/change in taste | <input type="checkbox"/> Frequent urination   |
| <input type="checkbox"/> Insomnia                          | <input type="checkbox"/> Dry mouth                         | <input type="checkbox"/> Seizures             | <input type="checkbox"/> Bladder spasms       |
| Based on the quantity of symptoms, the patient's score is: |  |   |   |
| <input type="checkbox"/> 0 = No symptoms                   | <input type="checkbox"/> 2 = A moderate number of symptoms |   |   |
| <input type="checkbox"/> 1 = Few symptoms                  | <input type="checkbox"/> 3 = A great deal of symptoms      |   |   |

# What the Patient's Scores Mean

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The patient's WPI score (Part 1): \_\_\_\_\_. The patient's SS score (Parts 2a and 2b): \_\_\_\_\_.

## 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 (Parts 2a and 2b) is greater than or equal to 5.

**OR**

**1b.** The WPI score (Part 1) is from 3 to 6 **and** the SS score (Parts 2a and 2b) is greater than or equal to 9.

**2.** Symptoms have been present at a similar level for at least 3 months.

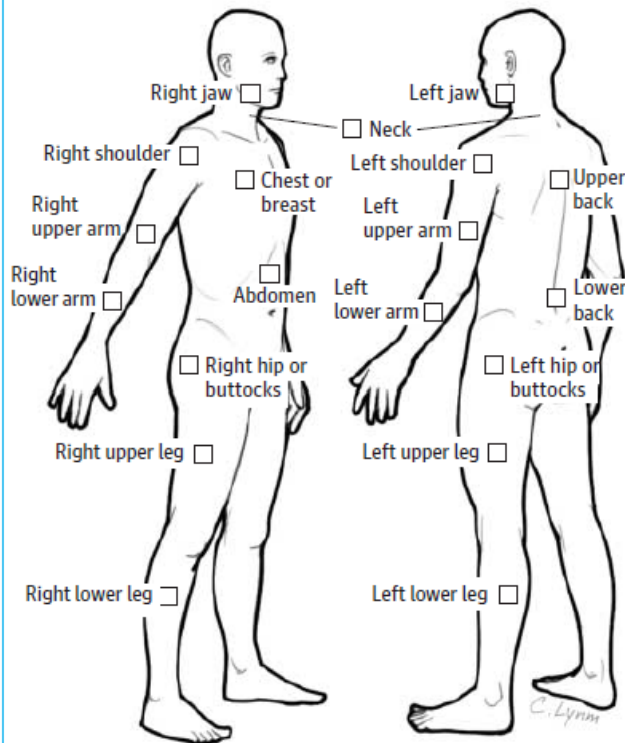
**3.** The patient does not have a disorder that would otherwise explain the pain.

# Example of Patient Self-report Survey for the Assessment of Fibromyalgia

## Widespread Pain Index

(1 point per check box; score range: 0-19 points)

- ① Please indicate if you have had pain or tenderness during the past 7 days in the areas shown below.  
Check the boxes in the diagram for each area in which you have had pain or tenderness.



## Symptom Severity

(score range: 0-12 points)

- ② For each symptom listed below, use the following scale to indicate the severity of the symptom during the past 7 days.
- **No problem**
  - **Slight or mild problem:** generally mild or intermittent
  - **Moderate problem:** considerable problems; often present and/or at a moderate level
  - **Severe problem:** continuous, life-disturbing problems

|                                    | No problem               | Slight or mild problem   | Moderate problem         | Severe problem           |
|------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>Points</b>                      | <b>0</b>                 | <b>1</b>                 | <b>2</b>                 | <b>3</b>                 |
| A. Fatigue                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B. Trouble thinking or remembering | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C. Waking up tired (unrefreshed)   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- ③ During the past 6 months have you had any of the following symptoms?

|                                    |                             |                              |
|------------------------------------|-----------------------------|------------------------------|
| <b>Points</b>                      | <b>0</b>                    | <b>1</b>                     |
| A. Pain or cramps in lower abdomen | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| B. Depression                      | <input type="checkbox"/> No | <input type="checkbox"/> Yes |
| C. Headache                        | <input type="checkbox"/> No | <input type="checkbox"/> Yes |

## Additional criteria (no score)

- ④ Have the symptoms in questions 2 and 3 and widespread pain been present at a similar level for at least 3 months?
- ☐ No ☐ Yes
- ⑤ Do you have a disorder that would otherwise explain the pain?
- ☐ No ☐ Yes

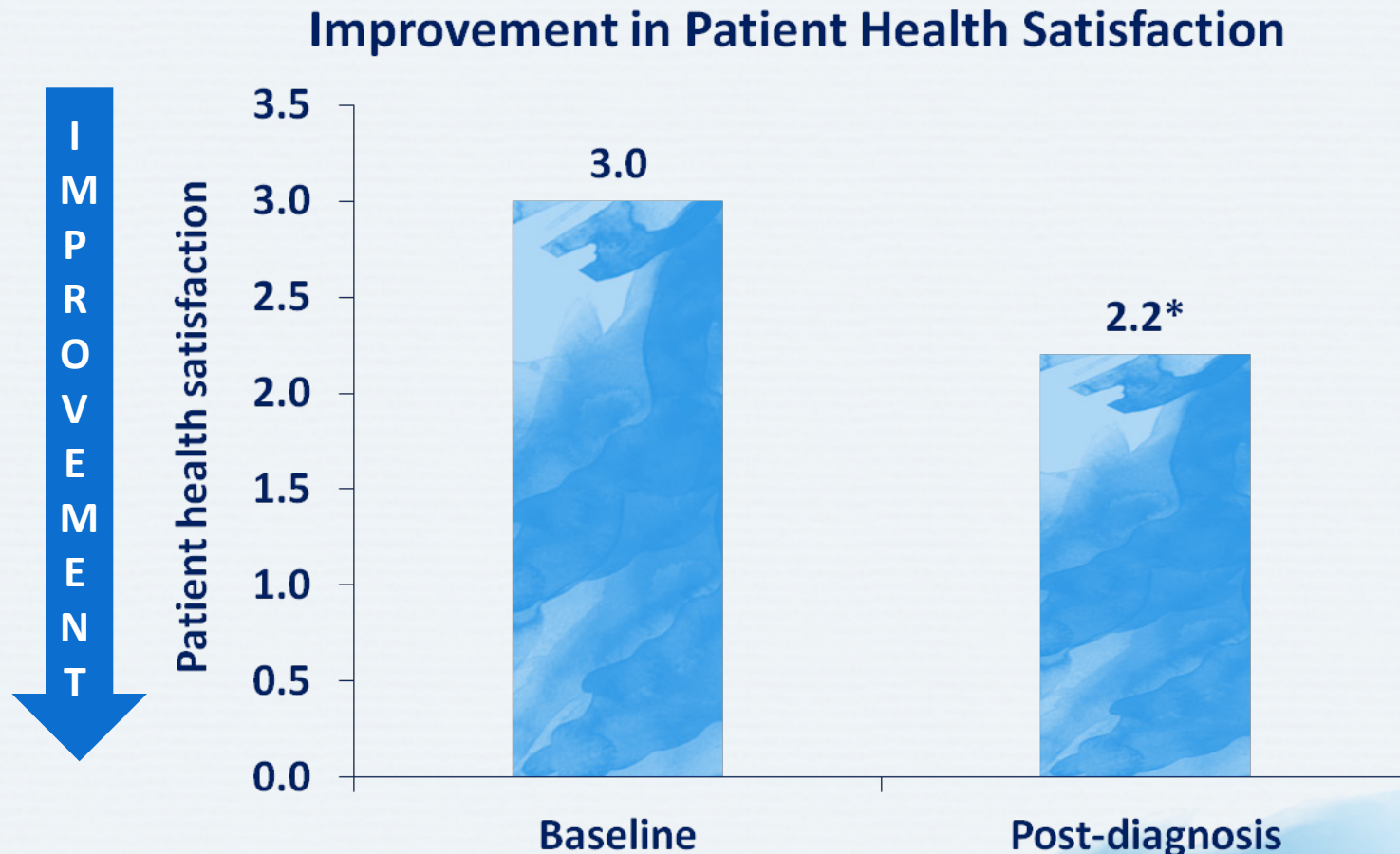
# Tips on Providing the Diagnosis of Fibromyalgia

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- Be **specific** about the diagnosis
- Be **positive** about the diagnosis
- Promote and encourage patient self-efficacy around the disease but...
  - Set realistic expectations
  - Emphasize there is no cure but improved control of symptoms is usually possible



# Diagnosis of Fibromyalgia Can Improve Patient Satisfaction



**\*Statistically significant vs. baseline (confidence interval -1.2 to -0.4)**

White KP *et al. Arthritis Rheum* 2002; 47(3):260-5.

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# Summary

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# Assessment and Diagnosis: Summary

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- Key clinical features of central sensitization/dysfunctional pain syndromes are pain, anxiety/depression and fatigue
    - The cardinal symptoms of fibromyalgia are widespread pain, fatigue, sleep disturbance, and cognitive slowing
  - Diagnosis of fibromyalgia is based on widespread pain and associated symptom cluster, with a physical exam (and possible laboratory investigations) to exclude other conditions
  - A number of questionnaires are available for use in assessing patients
  - A diagnosis of fibromyalgia can improve health outcomes and reduce costs
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