**Pathway for management of chronic widespread pain**

### American College of Rheumatology (ACR) fibromyalgia diagnostic criteria (2010).

**Diagnostic 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

WPI note the number of areas in which the patient has had pain in the last week. Sore will be 0-9

|  |  |  |  |
| --- | --- | --- | --- |
| Area | Tick if present | Area | Tick if present |
| Shoulder girdle left |  | Shoulder girdle right |  |
| Upper arm left |  | Upper arm right |  |
| Lower arm left |  | Lower arm right |  |
| Hip/buttock left |  | Hip/buttock right |  |
| Upper leg left |  | Upper leg right |  |
| Lower leg left |  | Lower leg right |  |
| Jaw left |  | Jaw right |  |
| Chest |  | Abdomen |  |
| Upper back |  | Lower back |  |
| Neck |  |  |  |
|  **WPI Total score =**  |  |  |

**Symptom severity scale (SS scale)**

|  |  |
| --- | --- |
| **Symptom** | **Score** |
| Fatigue |  |
| Waking un-refreshed |  |
| Cognitive symptoms |  |

For each of the 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

**Somatic symptoms**

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, nervousness, chest pain, blurred vision, fever, diarrhoea, dry mouth, itching, wheezing, Raynaud’s phenomenon, hives/welts, ringing in the ears, heartburn, oral ulcers, loss of/change in taste, seizures, dry eyes, shortness of breath, loss of appetite, rash, sun sensitivity, hearing difficulties, bruising, hair loss, frequent urination, painful urination, bladder spasms

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

WPI score =

Symptom Severity score =

Somatic symptom score =

SS score = Symptom severity score + somatic symptom score =

**Examination**

To exclude other causes of widespread pain

Musculoskeletal examination
Neurological examination, particularly looking for weakness or upper motor neurone signs

Palpate for lymphadenopathy
Examine for finger/toenail abnormalities skin rashes, psoriasis, alopecia
Examine any other systems identified in history

|  |  |
| --- | --- |
| **Differential diagnoses1,2** | **Red Flags** |
| Generalised osteoarthritis Inflammatory arthritisGiant cell arteritis Polymyalgia rheumatica Connective tissue disorders, e.g.: lupus Sjögrens syndromeSystemic vasculitis Myopathies, including autoimmune myositisHypothyroidism Hyperthyroidism HyperparathyroidismDiabetes Peripheral neuropathiesMultiple sclerosis Myasthenia gravisMotor neurone disease  | Abnormal neurological signs present (including muscle abnormalities) Visual disturbance/changeSwollen joints (synovitis) MTP/MCP joint tenderness (or pain on squeeze test)Morning joint stiffness (lasting over 30 minutes)Unexplained rise in erythrocyte sedimentation rate (ESR) Unexplained blood/protein on urine dipstickWeight lossFeverLymphadenopathyRecent onset Raynaud’s phenomenonSkin rashesDry eyes and mouth |