This month we look at the diagnostic criteria for Fibromyalgia.

Back in 1990, American College of Rheumatology devised a diagnostic criteria\(^1\). This involved:

1) widespread pain in combination with

2) tenderness at 11 or more of the 18 specific tender point site

This was REVISED by the same group in 2010\(^2\), and the following is still the current recommended diagnostic criteria:

(and it unfortunately is slightly more tricky. Note "tender points" is no longer a valid criteria.)

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

1) **Widespread Pain Index (WPI)** \(\geq 7\) and **Symptom Severity (SS)** scale score \(\geq 5\)
   - or **WPI** 3–6 and **SS** scale score \(\geq 9\).

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.

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**Widespread Pain Index (WPI):** note the number areas in which the patient has had pain over the past week. In how many areas has the patient had pain? Score will be between 0 and 19.

☐ Shoulder girdle, left ☐ Hip / buttock, left ☐ Neck ☐ Jaw, left
☐ Shoulder girdle, right ☐ Hip / buttock, right ☐ Upper back ☐ Jaw, right
☐ Upper arm, left ☐ Upper leg, left ☐ Lower back
☐ Upper arm, right ☐ Upper leg, right ☐ Chest
☐ Lower arm, left ☐ Lower leg, left ☐ Abdomen
☐ Lower arm, right ☐ Lower leg, right

WPI score _________

**Please turn over for Symptom Severity (SS) Scale**

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Symptom Severity (SS) Scale: is the sum of following TWO scores:

Score 1:

Using scale of 0 to 3, indicate the patient's level of symptom severity over the past week in each of the 3 symptom categories. Choose only 1 level of severity for each category.

The score 1 is the sum of the numbers of all 3 categories. It will be between 0 and 9.

Fatigue
- ☐ 0 = no problem
- ☐ 1 = Slight or mild problems; generally mild/intermittent
- ☐ 2 = Moderate; considerable problems; often present and/or at a moderate level
- ☐ 3 = Severe; pervasive continuous, lift-disturbing

Waking unrefreshed
- ☐ 0 = no problem
- ☐ 1 = Slight or mild problems; generally mild/intermittent
- ☐ 2 = Moderate; considerable problems; often present and/or at a moderate level
- ☐ 3 = Severe; pervasive continuous, lift-disturbing

Cognitive
- ☐ 0 = no problem
- ☐ 1 = Slight or mild problems; generally mild/intermittent
- ☐ 2 = Moderate; considerable problems; often present and/or at a moderate level
- ☐ 3 = Severe; pervasive continuous, lift-disturbing

Score 2:

Using the symptoms list just below, determine the extent of "other somatic symptoms" the patient may have experience over the past week by ticking one box below. The score will be between 0 and 3.

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

☐ 0 = No symptoms
☐ 1= Few symptoms
☐ 2 = A moderate number of symptoms
☐ 3 = A great deal of symptoms

SS Scale Score: Score 1 + Score 2 = ________