

QUICK GUIDE TO FIBROMYALGIA SCORING

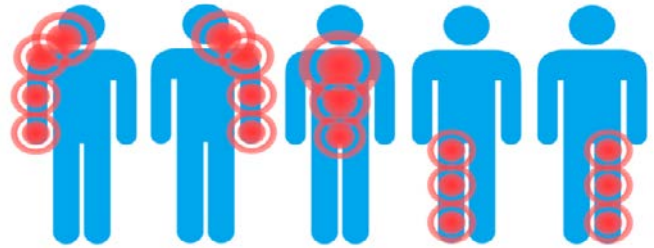
Use in conjunction with "Diagnosis of Fibromyalgia" leaflet

DIAGNOSTIC CRITERIA:

1. Generalised pain

Pain in 4 out of 5 body regions; right upper, left upper, right lower, left lower, axial.

Pain in the jaw, abdomen and chest is not included here but is included when calculating the Widespread Pain Index.



2. Fibromyalgia Score 12 or more

where the Widespread Pain Index is at least 4.

eg Widespread Pain Index (WPI) 7 and Symptom Severity Score (SSS) 5 or WPI 4 & SSS 9

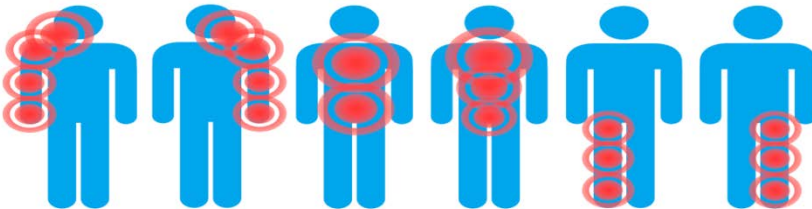
3. Symptoms present for at least 3 months

WIDESPREAD PAIN INDEX: Five body regions. Score 0-19

Right upper region:	jaw, shoulder girdle, arm, lower arm
Left upper region:	jaw, shoulder girdle, arm, lower arm
Axial region:	neck, upper back, lower back, chest, abdomen
Right lower region:	hip/buttock, leg, lower leg
Left lower region:	hip/buttock, leg, lower leg

WPI Score :

/19



SYMPTOM SEVERITY SCORE Symptom Severity Scale plus Symptoms. Score 0-12

Symptom Severity Scale (0- 9)

Fatigue: Score 0=none, 1=mild, 2=moderate, 3=severe

Waking unrefreshed: Score 0=none, 1=mild, 2=moderate, 3=severe

Cognitive symptoms: Score 0=none, 1=mild, 2=moderate, 3=severe

SSS Score :

/12

Symptoms in the last six months (0-3)

Headaches (0-1), Lower abdominal pain (0-1), Depression (0-1)

Fibromyalgia Score (FS) =WPI +SSS

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Fibromyalgia is a valid diagnosis irrespective of other diagnoses.