

FIBROMYALGIA

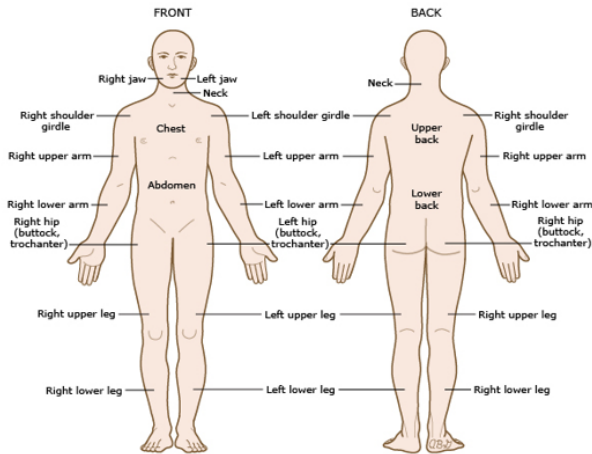
American College of Rheumatology preliminary diagnostic criteria for fibromyalgia and measurement of symptom severity

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 to 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.

Widespread Pain Index (WPI)



2) SS scale score

For the each of the 3 symptoms below, indicate the level of severity over the past week using the following scale:

0 = no problem | 3 = severe, life-disturbing problems

- Fatigue (0 to 3)
 - Waking unrefreshed (0 to 3)
 - Cognitive symptoms (0 to 3)
- How many of the following has the patient had in the past 6 months?
- Pain or cramps in lower abdomen
 - Depression
 - Headache

SS score =

Sum of severity of the top three

+

number of itemized symptoms.

The total number of the 19 noted anatomic regions in which the patient has had pain over the last week equals the widespread pain index.

Medication	Pros	Cons
TCAs (amitriptyline, ~cyclobenzaprine)	Cheap, often effective, available	Amitriptyline: (Older patients at increased risk) - Anticholinergic effects - ECG changes - CNS depression - Orthostatic hypotension Cyclobenzaprine – mostly drowsiness
SNRIs (duloxetine, venlafaxine, milnacipran)	Fewer side effects, often better for fatigue, depression	Nausea, dry mouth, constipation, headache, somnolence, dizziness, and insomnia - Venlafaxine not FDA approved for FM. - <u>Milnacipran</u> requires NFDR
Anticonvulsant (pregabalin, gabapentin)	Fewer side effects, Often better for insomnia	- CNS/respiratory depression - Hypersensitivity reactions - Weight gain - SI <u>Pregabalin</u> is more expensive but has better data than gabapentin

Both TCAs and SNRIs cause increased risk of the following antidepressant class effect outcomes: SI, bleeding, fragility fractures, serotonin syndrome