

Joint pain diary

Day before blood test couldn't walk due to pain in right leg, had to use crutches

16/1/25 22:00 sudden muscle ache in left leg followed by pain in right knee, left ankle and swollen hands, tight wrists. 2x paracetamol taken. Onset headache

23:19 weakness in hands sore right side of neck almost like a burning rash. Both hips. Upper arm pain left

17/1/25 from 8:40 dull ache and throbbing in thigh, right knee and right ankle pain, left knee and ankle pain. Itchy skin whole front of neck. Tight feeling in hands

9pm - pain in right thumb, ache in left arm above elbow. Still dull ache pain in right knee (lower area) headache

18/1 from 1:30 throbbing fingertips, swollen fingers



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Erythrocyte sedimentation rate

Your result history data

The table below shows your Erythrocyte sedimentation rate test result(s) from 18 November 2015 to 2 January 2025.

Date	Result
2 January 2025	10 mm/h
9 August 2022	20 mm/h
26 February 2019	22 mm/h
9 January 2017	7 mm/h
18 November 2015	3 mm/h

You may see medical abbreviations that you are not familiar with.

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Serum C reactive protein level

Your result history data

The table below shows your Serum C reactive protein level test result(s) from 18 November 2015 to 26 February 2019.

Date	Result
26 February 2019	4.2 mg/L
9 January 2017	<u>15 mg/L</u>
18 November 2015	1.4 mg/L

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Fibromyalgia diagnostic worksheet

Symptom severity scale (SSS)

Have your problems with the symptoms below been present for 3 months or more?

☒ Yes☐ No

If yes, using the following scale, indicate the severity of each symptom over the past week by circling the appropriate number.

	No problem	Mild	Moderate	Severe
Fatigue	0	1	2	3
Trouble thinking or remembering	0	1	2	3
Waking up tired (unrefreshed)	0	1	2	3

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

Pain or cramps in lower abdomen

☒ Yes☐ No

Depression

☒ Yes☐ No

Headache

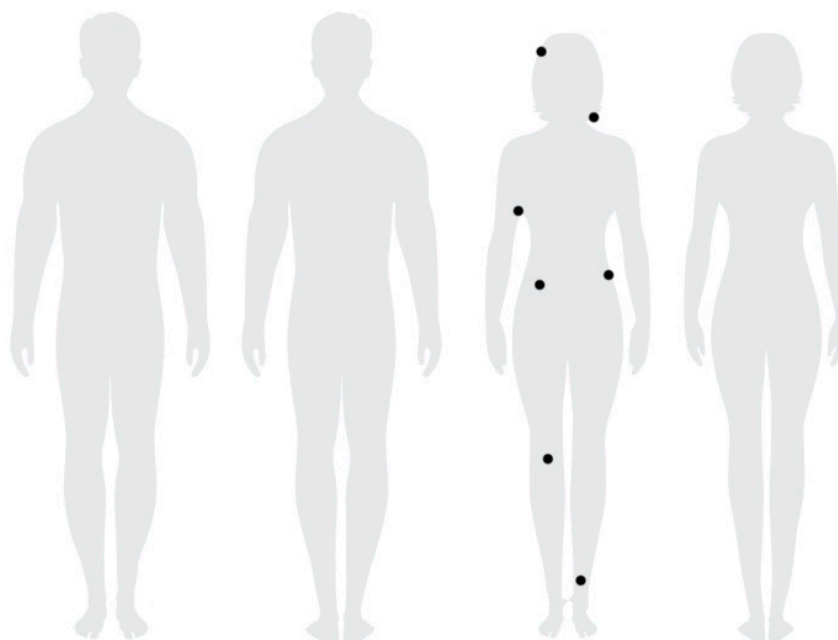
☒ Yes☐ No

Total score* for the SSS _____

*The sum of the three scaled symptoms plus one point each for the other symptoms (pain or cramps, depression, headache).
The total will be between 0 and 12.

Body map

Use the figures to record where pain occurs in detail. Shade the areas of your body where you have felt persistent or recurrent pain for the past 3 months or longer (chronic pain).



Calculating the WPI score

Use this checklist to calculate the widespread pain index (WPI) score. Tick the areas where you have had chronic pain for 3 months or longer.

Region 1: left upper

- ☐ L jaw
- ☐ L shoulder girdle
- ☒ L upper arm
- ☒ L lower arm and/or L wrist/hand, L elbow

Region 2: right upper

- ☐ R jaw
- ☐ R shoulder girdle
- ☐ R upper arm
- ☒ R lower arm and/or R wrist/hand, R elbow

Region 3: left lower

- ☒ L hip and/or L buttock
- ☐ L upper leg and/or L groin
- ☒ L lower leg and/or L ankle/foot, L knee

Region 4: right lower

- ☒ R hip and/or R buttock
- ☒ R upper leg and/or R groin
- ☒ R lower leg and/or R ankle/foot, R knee

Region 5: axial

- ☒ Neck
- ☒ Upper back
- ☒ Lower back
- ☐ Chest (L and/or R)
- ☒ Abdomen

Total score[†] for the WPI _____

[†]The total will be between 0 and 19.

L=left; R=right

A diagnosis requires widespread pain >3 months duration with currently either
i) widespread pain index (WPI) ≥ 7 and symptom severity scale (SSS) score ≥ 5 , or
ii) WPI 4–6 and SSS score ≥ 9 , with pain in 4/5 body regions (see text).

Acknowledgements

- > ACR 2016 criteria reprinted from: Wolfe F et al. 2016 Revisions to the 2010/2011 fibromyalgia diagnostic criteria. *Semin Arthritis Rheum* 2016;46:319–329 with permission from Elsevier.
- > The design of this worksheet was inspired by the Michigan body map: <https://medicine.umich.edu/dept/pain-research/clinical-research/michigan-body-map-mbm>



Consultations



These are your interactions with a practice. You will find observations and readings as recorded by Healthcare Professionals.

11/09/2017 - SHARIFF, Uzma (Dr)



22/08/2017 - YANKAH, Candice (Miss)



18/08/2017 - CLERY, Ruth (Dr)



Immunisation

- Final tetanus immunisation
- Booster diphtheria vaccination
- Meningitis ACW & Y vaccination
- Booster polio vaccination
- 1st hepatitis B vaccination

20/07/2017 - HAMNABARD, Nick (Mr)



Administration

- Seen in rheumatology clinic

Attachment

- Document Image letter

23/05/2017 - YANKAH, Candice (Miss)



10/02/2017 - CLERY, Ruth (Dr)



10/02/2017 - CLERY, Ruth (Dr)

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