

NUMERIC RATING SCALES (NRS) FOR SYMPTOMS AND FUNCTION IN FIBROMYALGIA

Please note: These are examples of NRS. Others can be created to assess and follow other specific symptoms or functional areas of concern for the individual patient. These can be administered verbally or in writing.

PAIN

What number would you give your pain in the **past week**?



Most severe pain you can possibly imagine

SLEEP

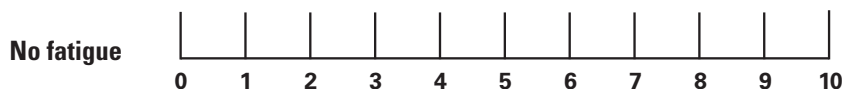
What number would you give your sleep in the **past week**?



Worst sleep problems you can possibly imagine

FATIGUE

What number would you give your fatigue in the **past week**?



Most severe fatigue you can possibly imagine

EFFECT ON ABILITY TO WORK

What number would you give for the amount of impairment your Fibromyalgia has had on work in the **past week**?



Most severe effect you can possibly imagine

EFFECT ON FAMILY CARE

What number would you give for the amount of impairment your Fibromyalgia has had on family care in the **past week**?



Most severe effect on family care you can possibly imagine

EFFECT ON COGNITION ("FIBRO FOG")

What number would you give for the amount of impairment your Fibromyalgia has had on your ability to think clearly in the **past week**?



Most severe effect on thinking you can possibly imagine