

Primary Care Screening for Inflammatory Back Pain

Have you suffered with back pain for more than 3 months?

1. Did your back pain start when you were aged 40 or under?
2. Did your back pain develop gradually?
3. Does your back pain improve with exercise?
4. Do you find there is no improvement in your back pain when you rest?
5. Do you suffer from back pain at night which improves upon getting up?

Refer to
Rheumatology

Criteria are fulfilled if at least **4 out of 5 parameters** are present

Sieper J, van der Heijde D, Landewé R, *et al* New criteria for inflammatory back pain in patients with chronic back pain: a real patient exercise by experts from the Assessment of SpondyloArthritis international Society (ASAS). *Annals of the Rheumatic Diseases* 2009;**68**:784-788.

Other signs of inflammatory back pain: good response to NSAIDs, alternating buttock pain, waking during the second half of the night, early morning stiffness.

Associated clinical features / supporting investigations:

(not required for referral, negative investigations do not exclude early IBP diagnosis)

Heel pain (enthesitis), peripheral arthritis, dactylitis, iritis or anterior uveitis, psoriasis, IBD (Chron's or Ulcerative Colitis), positive family history of axial SpA, reactive arthritis, psoriasis, IBD or anterior uveitis, raised acute phase reactants (ESR/CRP), HLAB27, sacroiliitis shown on MR.

Habibi S, Doshi S, Sengupta R THU0413 Utility of the SPADE tool to identify Axial Spondyloarthritis in patients with chronic back pain. *Annals of the Rheumatic Diseases* 2016; **75**:338. <http://www.spadetool.co.uk/>