

Dear Doctor,

I have been experiencing back pain for more than 3 months (Chronic Back Pain) and has answered “Yes” in at least **4 out of the 5** questions in the screening questionnaire adapted from Assessment of SpondyloArthritis International Society (ASAS) for identifying **inflammatory back pain**. Based on the result, there is a high possibility that my back pain is inflammatory in nature, rather than being caused by a muscle strain or spinal disc problem.

According to the information I read on Malaysian Society of Rheumatology (MSR)’s website, inflammatory back pain (IBP) is strongly associated with **ankylosing spondylitis**, a serious chronic disease that can cause a wide range of complications if left untreated. However, the condition can be managed with proper treatment and lifestyle changes.

Please refer me to a **rheumatologist** for a further assessment.

Thank you.

### Inflammatory Back Pain Assessment ASAS Expert Criteria

**Have you suffered from Back Pain for more than 3 months?**  
If Yes:

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

If the answer to at least 4 out of 5 questions is "yes", then please refer the patient to a rheumatologist

Adapted from Sieper J 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). Ann Rheum Dis 2009; 68: 784-8.

*For more information, please refer to:*

*Malaysian Society of Rheumatology's (MSR) webpage*

*or*

*Malaysia Family Physician Journal for the published **Malaysia Inflammatory Back Pain Referral Algorithm**.*





