

## Mnemonic for Assessment of the Spondyloarthritis International Society Criteria

To the Editor:

Spondyloarthropathies (SpA) are a group of interrelated and overlapping chronic inflammatory rheumatic diseases that include ankylosing spondylitis, reactive arthritis, arthritis associated with psoriasis, Crohn's disease and ulcerative colitis, and undifferentiated spondyloarthritis. These diseases share many clinical features and an association with HLA-B27<sup>1</sup>. Assessment of SpondyloArthritis international Society (ASAS) has developed new criteria for inflammatory back pain (IBP), an important clinical feature of the predominantly axial form of SpA<sup>2</sup>. ASAS has also developed classification criteria for predominantly axial SpA, which will provide a new standard for classifying the nonradiographic early stage of axial SpA<sup>3</sup>.

We provide 2 mnemonics (IPAIN and SPINEACHE), which will help ease the recall of these 2 criteria, and thus help their more widespread use for rapid screening and classification of patients with axial SpA in daily clinical practice (Table 1 and Table 2).

SALIH OZGOCMEN, MD; OZGUR AKGUL, MD: Division of Rheumatology, Gevher Nesibe Hospital, Erciyes University, Kayseri, Turkey; MUHAMMAD ASIM KHAN, MD, MetroHealth Medical Center, Case Western Reserve University School of Medicine, Cleveland, Ohio, USA.

### REFERENCES

1. Khan MA. Ankylosing spondylitis. New York: Oxford University Press; 2009:1-147.
2. Sieper J, van der Heijde D, Landewe R, Brandt J, Burgos-Vagas R, Collantes-Estevez E, 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.
3. Rudwaleit M, van der Heijde D, Landewe R, Listing J, Akkoc N, Brandt J, et al. The development of Assessment of SpondyloArthritis international Society classification criteria for axial spondyloarthritis (part II): validation and final selection. *Ann Rheum Dis* 2009;68:777-83.

*J Rheumatol* 2010;37:9; doi:10.3899/jrheum.100477

Table 1. IPAIN: a mnemonic for inflammatory back pain.

### IPAIN

Insidious onset  
Pain at night (with improvement upon getting up)  
Age at onset < 40 years  
Improvement with exercise  
No improvement with rest

Table 2. SPINEACHE: a mnemonic for the clinical parameters of the ASAS classification for axial spondyloarthritis.

Sacroiliitis on Imaging (by radiograph or MRI) +  $\geq 1$  clinical measure

HLA-B27 +  $\geq 2$  other clinical measures

Clinical measures

### SPINEACHE

Sausage digit (dactylitis)  
Psoriasis-positive family history of SpA  
Inflammatory back pain  
NSAID good response  
Enthesitis (heel)  
Arthritis  
Crohn's/colitis disease — elevated CRP  
HLA-B27  
Eye (uveitis)

MRI: magnetic resonance imaging; NSAID: nonsteroidal antiinflammatory drugs; CRP: C-reactive protein