

## JUST GAPE (because it's been right in front of you all the time!)

An aide memoire to help identify hEDS and hypermobility spectrum disorders.

<b>JUST</b>	Joints (and U/Other Soft Tissues)
<b>G</b>	Gut
<b>A</b>	Allergy/Atopy/Autoimmune
<b>P</b>	Postural Symptoms
<b>E</b>	Exhaustion

*The following questions are proposed to help GPs identify people who may have hEDS or an HSD. It should be noted the question set has not been validated, although this is planned. They are based on published prevalence rates for particular symptoms and co-morbid conditions in populations with Joint Hypermobility Syndrome or Ehlers Danlos – Hypermobility Type and combined with clinical experience.*

1. Does the patient (or their family) have a lot of trouble with their joints, tendons, ligaments and muscles?  
e.g. hypermobility, dislocations, 'fibromyalgia', chronic pain, TMJ dysfunction, 'clicky' hips at birth, multiple tendinopathies/enthesopathies including spondyloarthritis\*
2. Do they have a functional gut disorder or malabsorption?  
e.g. Irritable Bowel Syndrome, intermittent dysphagia or globus, oesophageal reflux or spasm, dyspepsia, nausea, vomiting, recurrent abdominal pain, bloating, constipation, diarrhoea, urgency, fast or slow gastro-intestinal transit, steatorrhoea, unexplained weight loss, unexplained nutrient or vitamin deficiencies
3. Do they have asthma/eczema/hayfever/rhinitis, multiple food/drug/other allergies or intolerances, itching or urticaria, or more than one autoimmune condition?  
e.g. anaphylaxis, any chronic urticarial condition such as polymorphic light eruption, hives, dermatographia, flushing, MS, thyroid disease, coeliac disease, Crohn's disease, Ulcerative Colitis
4. Do they experience symptoms when standing that are usually relieved by lying down?  
These symptoms may include light-headedness, fast palpitations, fatigue, shaking, sweating, breathlessness, fainting or headaches.
5. Do you feel exhausted a lot of the time, or that you can't seem to think as clearly as normal?  
e.g. fatigue, 'tired all the time', CFS/ME (Chronic Fatigue Syndrome or Myalgic Encephalitis), 'brain fog', 'fibro fog', memory/reasoning/word-finding/concentration problems which vary from day to day, falling asleep after meals

\* Rotator cuff tendinopathy, lateral epicondylitis (tennis elbow), medial epicondylitis (golfer's elbow), work-related upper limb disorder (repetitive strain injury), Greater Trochanteric Pain Syndrome, Iliotibial Band Syndrome, patellar tendon problems (including Osgood-Schlatter disease), Achilles tendon problems, plantar fasciitis, acquired pes planus, ankylosing spondylitis, psoriatic arthritis, reactive arthritis and undifferentiated spondyloarthritis