



Convergences PP Score (CPPS)

This score is a diagnostic tool for identifying pelvic sensitisation. It can be used in patients presenting with pelviperineal pain that has been ongoing for more than 3 months, and whose symptoms appear disproportionate to the lesions observed by clinical and complementary examinations.

	LOWER URINARY SPHERE	LOWER DIGESTIVE SPHERE	GENITOSEXUAL SPHERE	MUCOCUTANEOUS SPHERE	MUSCULAR SPHERE	SCORES
LOWERING OF THRESHOLDS	<input type="checkbox"/> Pain during bladder filling and/or micturition	<input type="checkbox"/> Pain during distension and/or rectal emptying (material, gas)	<input type="checkbox"/> Pain during sexual activity	<input type="checkbox"/> Pelviperineal allodynia (inability to use tampons, intolerance to wearing tight underwear)	<input type="checkbox"/> Presence of pelvic trigger points (piriformis, internal obturators, lift of the anus muscles)	/5
TEMPORAL DISTRIBUTION	<input type="checkbox"/> Post micturition pain	<input type="checkbox"/> Post defecation pain	<input type="checkbox"/> Persistent pain after sexual activity			/3
VARIABILITY OF SYMPTOMS	<input type="checkbox"/> Variability in pain intensity (evolution by periods, jagged evolution) and/or in pain topography					/1
ASSOCIATED SYNDROMES	<input type="checkbox"/> Migraine and/or tension headaches and/or fibromyalgia and/or chronic fatigue syndrome and/or post traumatic stress disorder and/or restless syndrome and/or SADAM and/or multiple chemical intolerances					/1
Total pelvic sensitisation score						/10

A score greater or equal to 5 indicates a state of pelvic hypersensitivity (se=95%, sp=87%).
 The presence of pelvic sensitisation requires appropriate treatment.

1) Levesque A, et al, Pain Med. 2018; 19: 2009-2015, Convergences PPN. Clinical Criteria of Central Sensitization in Chronic Pelvic and Perineal Pain (Convergences PP Criteria): Elaboration of a Clinical Evaluation Tool Based on Formal Expert Consensus.

2) Quistrebert-Davanne V, et al, [Psychometric validation of Convergence criteria PP].