

Medically Unexplained Symptoms (MUS) Guideline

Key Elements

- Establish that the patient has MUS
- Obtain a thorough medical history, physical examination, and medical record review
- Minimize low yield diagnostic testing
- Identify treatable cause (conditions) for patient's symptoms
- Determine if patient can be classified as Chronic Multi-Symptom Illness (CMI) (i.e., has two or more symptom clusters: Pain, fatigue, cognitive dysfunction, or sleep disturbance)
- Negotiate treatment options and establish collaboration with patient
- Provide appropriate patient and family education
- Maximize the use of non-pharmacologic therapies:
 - Graded aerobic exercise with close monitoring
 - Cognitive behavioral therapy (CBT)
- Empower patient to take an active role in his/her treatment

BATHE Technique: Provides a time-efficient way to address the impact of patient's symptoms on his/her level of function

Background: "What's going on in your life?"

Affect: "How do you feel about it?"

Trouble: "What troubles you the most about the situation?"

Handle: "What helps you handle that?"

Empathy: "This is a tough situation to be in. Anybody would feel (down, stressed, etc.). Your reaction makes sense to me."



Medically Unexplained Symptoms (MUS) Guideline Algorithm

