**Lyme disease**

**Symptoms:**

* Multiple joint pain.
* Multiple muscle pain.
* Fatigue.
* Nerve pain.
* P+N/Numbness.
* Brain Fog (memory issues, reduced concentration).
* Sleep disturbance.

**Clinical questions:**

* Occupation (farmer, military, vet, forestry, gardener, any job involving working outdoors in grass/fields/woods).
* Recreational risk (walker, runner, dog walker especially in grass/wood/forest/wild areas, gardener).
* Holiday to a high risk area prior to onset of symptoms.
* Flu like illness prior to onset of symptoms.
* Facial palsy
* Establish a timeline of symptoms.

**Difference between Lyme disease and other MSK masquerades:**

* With Lyme disease there is no diurnal pattern.
* It is not made worse with rest.
* It is not made better with movement.
* Unlikely to have ongoing rashes.
* It is not linked with oral ulcers or Raynaud’s disease.
* “The pain moves”, ie the pain with Lyme disease can be migratory.

**Consider**

* Requesting bloods including B.burgdorferi/Lyme serology.
* Give a good rationale to the GP about your concerns over a possible Lyme disease.
* State your/patients awareness that a negative result does NOT rule out a Lyme disease.
* Consider asking GP to commence antibiotics prior to results (which can take 4 weeks), as per NICE guidelines.
* Sign post patient to Lyme Resource Centre or Lyme disease UK.