Three-step approach to diagnosis of Raynaud’s Phenomenon

Step 1: Ask screening question

Are your fingers unusually sensitive to cold?

Yes, proceed to step 2

Step 2: Assess color changes

Occurrence of biphasic color changes during the vasospastic episodes (white and blue)

Yes, proceed to step 3

Step 3: Calculate disease score

a) Episodes are triggered by things other than cold (i.e. emotional stressors)

b) Episodes involve both hands, even if the involvement is asynchronous and/or asymmetric

c) Episodes are accompanied by numbness and/or paresthesias

d) Observed color changes are often characterized by a well-demarcated border between affected and unaffected skin.

e) Patient provided photograph(s) strongly support a diagnosis of RP.

f) Episodes sometimes occur at other body sites (e.g. nose, ears, feet, and areolas).

g) Occurrence of triphasic color changes during the vasospastic episodes (white, blue, red)

If 3 or more criteria met from Step 3 (a - g), then the patient has RP.