

# Rheumatologist Discussion Guide

It's easier to have a more productive conversation with your doctor when you know what kinds of things you should be sharing – such as how you're really feeling, and how rheumatoid arthritis (RA) is affecting your life day-to-day. This simple Self-Assessment is based on the Health Assessment Questionnaire (HAQ) used by many rheumatologists when treating people with RA. Select the answer below that best describes how difficult the following tasks are for you.

Answer these questions before each appointment to review with your rheumatologist.

## Assess How RA Affects Your Day-to-Day Activities

### Getting in and out of bed

Degree of difficulty?	How often?
<input type="checkbox"/> No difficulty	<input type="checkbox"/> Rarely
<input type="checkbox"/> Slight difficulty	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Major difficulty	<input type="checkbox"/> Half the time
<input type="checkbox"/> Cannot do	<input type="checkbox"/> All the time

### Bathing and drying yourself

Degree of difficulty?	How often?
<input type="checkbox"/> No difficulty	<input type="checkbox"/> Rarely
<input type="checkbox"/> Slight difficulty	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Major difficulty	<input type="checkbox"/> Half the time
<input type="checkbox"/> Cannot do	<input type="checkbox"/> All the time

### Lifting a glass to your mouth

Degree of difficulty?	How often?
<input type="checkbox"/> No difficulty	<input type="checkbox"/> Rarely
<input type="checkbox"/> Slight difficulty	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Major difficulty	<input type="checkbox"/> Half the time
<input type="checkbox"/> Cannot do	<input type="checkbox"/> All the time

### Tying shoelaces or doing buttons

Degree of difficulty?	How often?
<input type="checkbox"/> No difficulty	<input type="checkbox"/> Rarely
<input type="checkbox"/> Slight difficulty	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Major difficulty	<input type="checkbox"/> Half the time
<input type="checkbox"/> Cannot do	<input type="checkbox"/> All the time

### Turning faucets on and off

Degree of difficulty?	How often?
<input type="checkbox"/> No difficulty	<input type="checkbox"/> Rarely
<input type="checkbox"/> Slight difficulty	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Major difficulty	<input type="checkbox"/> Half the time
<input type="checkbox"/> Cannot do	<input type="checkbox"/> All the time

### Walk outdoors on flat ground

Degree of difficulty?	How often?
<input type="checkbox"/> No difficulty	<input type="checkbox"/> Rarely
<input type="checkbox"/> Slight difficulty	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Major difficulty	<input type="checkbox"/> Half the time
<input type="checkbox"/> Cannot do	<input type="checkbox"/> All the time

### Run errands or do chores

Degree of difficulty?	How often?
<input type="checkbox"/> No difficulty	<input type="checkbox"/> Rarely
<input type="checkbox"/> Slight difficulty	<input type="checkbox"/> Sometimes
<input type="checkbox"/> Major difficulty	<input type="checkbox"/> Half the time
<input type="checkbox"/> Cannot do	<input type="checkbox"/> All the time

## How do joint stiffness and flare-ups affect your life?

If you experience joint stiffness in the morning, how long does it usually last? \_\_\_\_\_ minutes \_\_\_\_\_ hours

How many RA flare-ups have you had in the last month? \_\_\_\_\_

How many RA flare-ups have you had in the last 3 months? \_\_\_\_\_

How many times have you cancelled plans due to a flare up in the last six months? \_\_\_\_\_