

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

Cannot do Major Slight None

How Often

All of the time Most of the time Sometimes Rarely

Turning faucets on and off

Degree Of Difficulty

Cannot do Major Slight None

How Often

All of the time Most of the time Sometimes Rarely

Bathing and drying yourself

Degree Of Difficulty

Cannot do Major Slight None

How Often

All of the time Most of the time Sometimes Rarely

Walk outdoors on flat ground

Degree Of Difficulty

Cannot do Major Slight None

How Often

All of the time Most of the time Sometimes Rarely

Lifting a glass to your mouth

Degree Of Difficulty

Cannot do Major Slight None

How Often

All of the time Most of the time Sometimes Rarely

Run errands or do chores

Degree Of Difficulty

Cannot do Major Slight None

How Often

All of the time Most of the time Sometimes Rarely

Tying shoelaces or doing buttons

Degree Of Difficulty

Cannot do Major Slight None

How Often

All of the time Most of the time Sometimes Rarely

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

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

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?
