My Personal

RA Profile

How does your rheumatoid arthritis (RA) affect you? Use this RA profile to help talk with your doctor about how you are doing with your RA. Together, you and your doctor can find a plan to manage your RA.
Learn More About Your RA Profile

It can be hard to find the right words to answer questions like “How do your joints feel?” from your primary-care doctor or rheumatologist. This profile is designed to help patients like you discuss RA with your doctor. It can help you describe how much your joints hurt, your ability to move, and how RA may be making it harder for you to do the things you want to do.

Please complete the following pages and share them with your doctor. The more information you share with your doctor, the better he or she can help you manage your RA. It’s a good idea to complete an RA profile before every doctor’s visit.

1 RA Joint Pain

To help your doctor better understand the amount of RA joint pain you’re experiencing, use the pain scale below to record your level of pain and bring this RA profile to each doctor’s visit.

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<tr>
<th>Date</th>
<th>Pain Rating</th>
<th>Comments</th>
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PAIN COLOR CODING:
- No pain
- Mild pain
- Moderate pain
- Severe pain

This section lets you identify the specific joints where you feel pain and rate that pain on a color scale—with green being “no pain” and red being “severe pain.” Check the color that describes the extent of pain you feel in each joint.

*Much of this profile is based on the Health Assessment Questionnaire (HAQ), a tool that is used widely by rheumatologists to measure how RA affects you and your ability to do certain daily activities.
### Walking

**Are you able to:**

- Walk outdoors on flat ground?
- Climb up 5 steps?

Please check any **AIDS OR DEVICES** that you usually use for any of the activities on these pages:

- Devices used for dressing (button hook, zipper-pull, etc.)
- Special or built-up chair
- Crutches
- Cane
- Wheelchair
- Walker
- Built-up or special utensils

Please check any categories for which you usually need **HELP FROM ANOTHER PERSON**:

- Dressing/grooming
- Arising
- Eating
- Walking

*Note to rheumatologist: The category score may be adjusted based on the use of an aid/device or assistance for that category. If the score for the corresponding category is 0 or 1, adjust the score to 2. If the score for the corresponding category is 2, it remains 2; if 3, it remains 3.
### Hygiene | Are you able to:
- Wash and dry your body?
- Take a tub bath?
- Get on and off the toilet?

### Reach | Are you able to:
- Reach and get down a 5-pound object (such as a bag of sugar) from above your head?
- Bend down to pick up clothing from the floor?

### Grip | Are you able to:
- Open car doors?
- Open previously opened jars?
- Turn faucets on and off?

### Activities | Are you able to:
- Run errands and shop?
- Get in and out of a car?
- Do chores such as vacuuming or yard work?

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Please check any AIDS OR DEVICES that you usually use for any of the activities on page 6*:
- Raised toilet seat
- Bathtub seat
- Bathtub bar
- Long-handled appliances in bathroom
- Long-handled appliances for reach
- Jar opener (for jars previously opened)

Please check any categories for which you usually need HELP FROM ANOTHER PERSON*:
- Hygiene
- Reach
- Hygiene
- Reach
- Grip and opening things
- Errands and chores

Your ACTIVITIES: To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?
- Completely
- Moderately
- Not at all
- Mostly
- A little

Your PAIN: How much pain have you had in the past week? Using a scale of 0 to 100 (0="no pain" and 100="severe pain"), please record the number:

Your HEALTH: Please rate how well you are feeling on a scale of 0 to 100 (0="very well" and 100="very poor" health) by recording the number here:

Share this profile with your doctor.

*Note to rheumatologist. The category score may be adjusted based on the use of an aid/device or assistance for that category. If the score for the corresponding category is 0 or 1, adjust the score to 2. If the score for the corresponding category is 2, it remains 2; if 3, it remains 3.
Check the box that describes how satisfied you are with your current treatment progress:

Not satisfied Satisfied

It is also helpful for your doctor to understand your satisfaction level with your current treatment plan. Complete the 4 questions below:

Are you currently on a treatment plan for your RA? ☐ Yes ☐ No

How long have you been on your current treatment?
☐ Less than 1 year
☐ 1-2 years
☐ More than 2 years

What factors contribute to your satisfaction level with your current treatment plan? Choose all that apply.
☐ Reduces symptoms such as pain, stiffness, and/or swelling
☐ Improves ability to do daily tasks
☐ Helps prevent further RA joint damage
☐ Other: ________________________________

Questions to Ask Your Doctor

• How does RA typically progress?
• What medications are used to treat RA?
• How will I know if my treatment plan is working for me?
• Is there anything else I can do to help manage my RA?

Use the Notes section on the next page to write down any other questions you may have for your next office visit.

Together, you and your doctor can find a plan to manage your RA.