

Treatment Change Gestaltometer—Dr H L Averns Version 11.4

Patient Name, Hospital number

Instructions:

- All patients must fill out the Health Assessment Questionnaire
 - If data do not exist strike line through box and disregard. Arrange these data to be available next visit
 - Radiological change = erosion or joint space narrowing.
 - Physician Global is a global expression of disease activity. Remission means NO synovitis
 - Summarize the consultation and new findings in the comments section
- Prednisone or equivalent dose EMS Early Morning Stiffness

Function (HAQ)	
Better	2
Value	
Worse	2

Compared to last visit I am	
Better	2
Same	0
Worse	3

Early morning stiffness	
0—30	1
30—120	1
> 120	2

I want to change my treatment	
No	2
Unsure	0
Yes	2

How would you score your pain in the last 7 days out of 10?	
How many good days have you had on the last 7?	
How many days of work have you lost in the last 3 months?	
Do you need to see OT / Physio / Arthritis Society?	

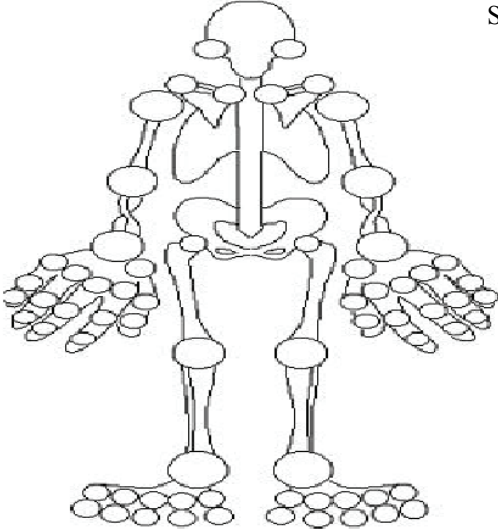
Drug Toxicity	
None	2
Mild	1
Severe	5

On prednisone	
None	1
< 10mg	2
> 10mg	3

Swollen Joint Count	
0	2
1-5	2
> 5	3

Physician global	
Remission	2
Mild-mod	1
Severe	3

Swollen Joint Count :



Mark joints with non-bony swelling. Indicate if you feel it is NOT active. Indicate all deformities. Ffd = fixed flexion, Show if ↓ROM

Radiological change	
None	2
Stable	1
New	3

CRP	
< 8	2
8.1—20	1
> 20	3

Joint deformities	
None	2
Stable	1
New	2

Rh F, CCP or nodules	
No	1
Yes	2

Gestaltometer Score = Total Red minus Total Green

Favours no change					Uncertain					Favours change										
-25	-20	-15	-10	-5	0	5	10	15	20	25										

Change may mean ↓↑ prednisone, adding / changing / ↓↑ dose DMARD

Comments eg medication changes, injections, ku'FOCTF'o qpkqtłpi 'ucwłkřevqt { A

Gastrointestinal Risk *if on NSAID	
Hx of ulcer	
Aspirin	
SSRI	
Steroids	
Warfarin	
Age > 65	

Cardiovascular Risk	
Diabetes	
Smoking	
IHD	
Hypertension	
Hyperlipidaemia	
NOTE BP HERE	

Osteoporosis Risk	
Previous #	
Steroids	
Early menopause	
Family hx	
Build	
Other	