

Two-Minute Appointment Prep

Your doctor needs to know how active psoriatic arthritis affects your ability to do everyday tasks in order to find the right treatment for you. To help you have a more productive conversation with your doctor, just take a few minutes to fill out this quick patient profile. Then bring it with you to your doctor's appointment.

Symptoms

Over the past month, how would you rate your joint tenderness (pain) and swelling?

none

severe



Over the past month, have your psoriatic arthritis symptoms made it difficult to do any of the following activities?

Getting ready for work, including buttoning your clothes, tying your shoes, or doing your hair?

YES

NO

NOT SURE

Using your hands for small tasks such as cutting food or opening jars?

YES

NO

NOT SURE

Doing household chores such as washing the dishes, gardening, or vacuuming?

YES

NO

NOT SURE

Doing things such as shopping, going to the park, or meeting friends for dinner?

YES

NO

NOT SURE

Performing physical activities such as walking, riding a bike, or running errands?

YES

NO

NOT SURE

Treatment

Which of the following types of psoriatic arthritis treatments have you tried? (check all that apply)

_____ Injections/infusions

_____ Creams/lotions

_____ Pills

_____ Other

How satisfied are you with the way your current treatment relieves your symptoms?

very unsatisfied

very satisfied

Joint symptoms

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Skin symptoms

① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

What's important to you in a treatment? (check all that apply)

_____ Frequency of treatment

_____ Improvement in joint symptoms

_____ Number of treatments I will need to take at once to relieve my symptoms

_____ Relief of skin symptoms

Doctor Discussion

Check the questions you'd like to ask your doctor at your next appointment.

_____ What treatments may help relieve both my joint and skin symptoms?

_____ Are there treatment options that will help reduce the sausage-like swelling in my fingers and toes?

_____ What are the dosing schedules of treatments for psoriatic arthritis?

_____ What should I expect from my treatment (symptom relief/side effects)?

_____ Is there anything else I can do to help manage my psoriatic arthritis symptoms?

Other:
