

Treatment Change Gestaltometer—Dr H L Averns Version 9.2

Instructions:

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

Patient Name, Hospital number

Function (HAQ)		Compared to last visit I am		Early morning stiffness		I want to change my treatment	
Better	2	Better	2	0—30	1	No	2
Value		Same	0	30—120	1	Unsure	0
Worse	2	Worse	3	> 120	2	Yes	2

Drug Toxicity		On prednisone		Swollen Joint Count		Physician global	
None	2	None	1	0	2	Remission	2
Mild	1	< 10mg	2	1-5	2	Mild-mod	1
Severe	5	> 10mg	3	> 5	3	Severe	3

Radiological change		CRP		Joint deformities		Rh F, CCP or nodules	
None	2	< 8	2	None	2	No	1
Stable	1	8.1—20	1	Stable	1	Yes	2
New	3	> 20	3	New	2		

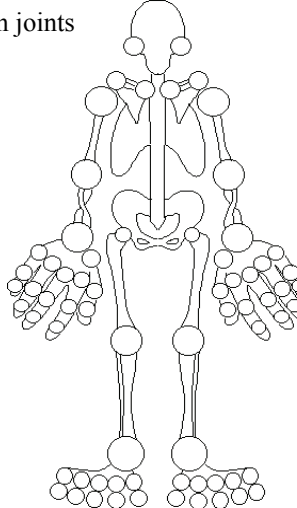
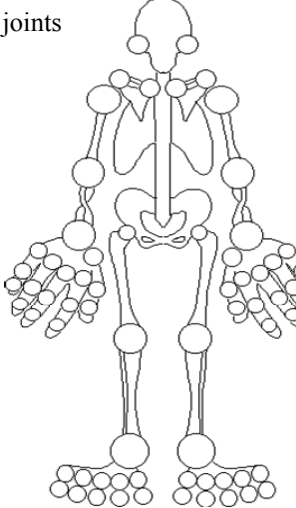
Gestaltometer Score = Total Red minus Total Green

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,

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?	

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

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	