

Treatment Change Gestaltometer—Dr H L Averns Version 11.4

Patient Name, Hospital number

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. 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

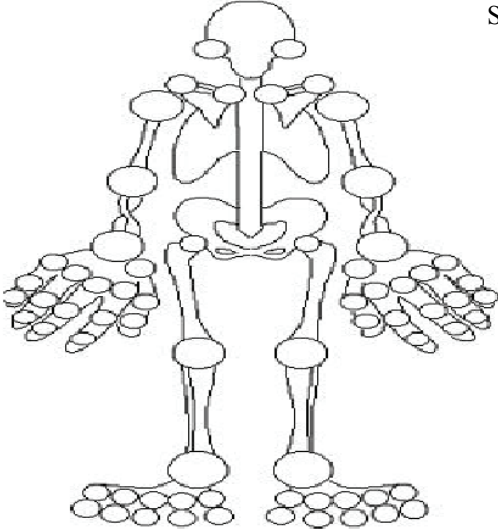
How would you score your pain in the last 7 days out of 10?	
How many good days have you had on the last 7?	
How many days of work have you lost in the last 3 months?	
Do you need to see OT / Physio / Arthritis Society?	

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 in comments section if you feel it is NOT active
Indicate all deformities.
Ffd = fixed flexion, Range of movement = 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 qpkqtlpi 'ucwukcevt {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	