

Treatment Change Gestaltometer—Dr H L Averns Version 9.2

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. If possible summarize the consultation 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

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

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

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,

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	