

## Rheumatoid Arthritis Annual Review

<b>Name:</b>	DEMO	TESTRECORD	<b>NHS Number:</b>	4766272250
<b>DOB:</b>	08/04/1963	52	<b>Hospital Number:</b>	0052850P
<b>Male/Female:</b>	F		<b>Patient seen in Early Arthritis Clinic:</b>	Y
<b>PostCode:</b>	NE23 7AJ		<b>Working Diagnosis:</b>	Rheumatoid Arthritis
<b>Date of review:</b>	17/06/2015		<b>Consultant:</b>	Dr Ben Thompson

### Disease activity

<b>Pain Scale:</b>	6	<b>Swollen 28 Joints</b>	8	<b>Tender 28 Joints</b>	6	<b>Global VAS:</b>	50	<b>ESR:</b>	32
<b>Early Morning Joint Stiffness (mins):</b>	10	<b>DAS28 :</b>	5.29	<b>Response:</b>	Low				

### Other measurements

<b>CRP:</b>		<b>Serology:</b>	RF-CCP+	<b>CCP Value (IU):</b>		<b>RF Value (IU):</b>	
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Treatments – DMARDs / Biologics	Dose	Frequency	Date started	Date stopped	Reasons for stopping
Steroid IA	40 mg	Stat Dose	03/12/2013	03/12/2013	
Methotrexate PO	20 mg	Weekly	28/12/2013		
Etanercept	50 mg	Weekly	18/06/2015		
Steroid PO	10 mg	Daily	18/06/2015		

<b>Monitored by:</b>	Community DMARD Scheme	<b>Monitoring up to date:</b>	<input checked="" type="checkbox"/>	<b>Monitoring booklet with results:</b>	<input checked="" type="checkbox"/>
<b>IM/IA Steroids - Number of doses:</b>	1	<b>Latest dose:</b>	03/12/2013 mg	<b>Cummulative dose:</b>	40 mg
<b>Has patient got a blue steroid alert card if on oral steroids?</b> <input checked="" type="checkbox"/>					

Relevant past medical history (inc. allergies)	Notes
Dyspepsia	
Hypertension	
Allergy	Peanuts
Allergy	Shellfish
CKD	
Blood pressure treatment	
Atrial fibrillation	
Heart attack 1st degree relative <60	
Angina	

### Cardiovascular Risk (25-84)

<b>Total cholesterol:</b>	7.6	<b>BP:</b>	132/80	<b>Ever smoker?</b>	<input checked="" type="checkbox"/>
<b>HDL cholesterol:</b>	0.8	<b>Height:</b>	160	<b>Current smoker?</b>	<input checked="" type="checkbox"/>
<b>Cholesterol HDL ratio:</b>	9.5	<b>Weight:</b>	65	<b>Cigarette Pack-Yrs:</b>	15
<b>Triglycerides:</b>		<b>BMI:</b>	25.39	<b>No. Cigs per day:</b>	11-15
<b>HbA1c:</b>				<b>Alcohol intake (units per week):</b>	40
				<b>Alcohol consumption exceeds 3 units per day:</b>	Y

Risks	Risk	Notes
<b>Cardiovascular Risk (25-84)</b>		
QRISK 2 Score	20	
<b>Fracture Risk (40-90)</b>		
Referred for DEXA scan		
Previous Fracture		
Parent HIP fracture		
NOGG guidance		Red
FRAX Assessment (Major Osteoporotic Fracture)	0.4	
FRAX Assessment (Hip Fracture)	0.7	
Femoral neck BMD (g/cm2)		Test Result
Commenced treatment		
10 Yr Fracture Risk (FRAX no DEXA) - Major Osteoporotic	4.3	
10 Yr Fracture Risk (FRAX no DEXA) - Hip	0.3	

Regular Medication	Notes
Paracetamol	
Ibuprofen	
Citalopran	
Lisinopril	
Cerazette	
Propanalol	

<b>Current analgesia/NSAIDs</b>
Ibuprofen
Paracetamol
Etodolac
Naproxen

Vaccinations	Latest date
Pneumonia	17/06/2015
Flu	17/06/2015
Chickenpox	17/06/2015
Measles	17/06/2015
Mumps	17/06/2015
Rubella	17/06/2015
TB BCG	17/06/2015
Hep A	17/06/2015
Hep B	17/06/2015
Hep C	17/06/2015

**Accommodation**

Bungalow

**Living arrangements**

Lives with Partner

**Mental Health**

Discussed patient's mental health and wellbeing

**Occupational Therapy**

Issues with coping / mood / fatigue / stress / relationship issues

Joint protection advice or assessment / review of splints

Problems holding a pen or doing up buttons

Referral based on based upon answers or HAQ

Work occupational assessment.

**Other**

Prescription advice (i.e. PPC)

Education Advice (i.e. NRAS)

Driving advice (blue badge scheme. NE mobility centre)

**Physiotherapy**

Mobility problems requiring assessment / falls risk.

Patient keeping active.

Significant change in function / range of movements of joint(s).

**Plan**

Annual Review Plan

Test plan for demonstration

**Pregnancy / Contraception**

Child bearing age on DMARDs – advised about contraception

**Vaccinations**

Advised to avoid live vaccines

Advised to have vaccinations if not up to date

**Work**

Full Time - Employee

20 work days taken sick due to RA 35 unpaid leave days due to RA Decreased working hours due to RA