

Personal Health Assessment

In order to manage your treatment effectively, your doctor needs to know how you're feeling, how your arthritis is impacting your life, and how well you're responding to the medicines you're taking.

A day or 2 before your next office visit, take some time to answer the questions below. Then, bring this personal health assessment with you and share it with your doctor.

See following pages for examples.



Today's date

___ / ___ / ___

Have you experienced any health or life changes since your last visit?

Physical and emotional changes in your life can affect the way your doctor treats your arthritis. Can you think of any significant life changes or overall health issues you've experienced since your last visit?

If so, how have these changes affected your arthritis?

How is your medication routine going?

Changes in the type or number of medications you are taking can affect which medications your doctor recommends for you. Even over-the-counter medications to treat things like pain, a cold, or allergies can affect your current treatment. Being upfront with your doctor about which medications you are on is extremely important.

List any prescription medications you're currently taking:

List any over-the-counter medications you take regularly or on occasion:

List any herbs or supplements you've been taking since your last visit:

List any difficulties you've had taking your medications as prescribed:

Is there anything else you'd like to include?

Your doctor is here to help you with any questions, comments, or concerns you may have about your health. Is there anything you can think of that may help during your next office visit?

Great! If you've taken the time to fill out this health assessment, you'll have helpful information to share with your doctor during your next visit. Remember: the more prepared you are, the more meaningful the discussion with your doctor will be.

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Have you experienced any health or life changes since your last visit?

Physical and emotional changes in your life can affect the way your doctor treats your arthritis. Can you think of any significant life changes or overall health issues you've experienced since your last visit?

I've been moved to the night shift at work. I slipped in the shower and hurt my wrist.

I've noticed a change in my appetite. I started exercising with a personal trainer once a week.

If so, how have these changes affected your arthritis?

Sometimes, working late makes me more stiff in the morning. Flares felt worse when my wrist hurt.

When I lose my appetite, I lose energy, which makes it hard to exercise. After I exercise with my trainer, my joints aren't as stiff.

How is your medication routine going?

Changes in the type or number of medications you are taking can affect which medications your doctor recommends for you. Even over-the-counter medications to treat things like pain, a cold, or allergies can affect your current treatment. Being upfront with your doctor about which medications you are on is extremely important.

List any prescription medications you're currently taking:

Methotrexate

List any over-the-counter medications you take regularly or on occasion:

Ibuprofen and 24-hour sinus relief.

List any herbs or supplements you've been taking since your last visit:

Ginseng, echinacea, flaxseed, and calcium.

List any difficulties you've had taking your medications as prescribed:

Sometimes I forget to take my medications on time.

Is there anything else you'd like to include?

Your doctor is here to help you with any questions, comments, or concerns you may have about your health. Is there anything you can think of that may help during your next office visit?

Are there any support groups you'd recommend?

It's getting harder and harder to cook dinner.

My kids are worrying about me.

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