Patient Visit Planning Tool

Before your next visit to your rheumatologist, answer the following to share your recent symptoms with your doctor

1. In the last month how would you rate the level of your worst pain from your ankylosing spondylitis or non-radiographic axial spondyloarthritis? (0=no pain, 10=worst pain imaginable)

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

2. Where was the location of your pain? How would you describe it (burning, aching, stinging, throbbing)?

____

____

3. What time of day do you experience the most pain?

☐ morning ☐ afternoon ☐ night

4. How long are you stiff after getting up in the morning?

____

5. List anything that worsens the pain

____

6. List anything that improves the pain

____

7. How many work days have you missed in the past month?

☐ 0-1 ☐ 2 ☐ 3-5 ☐ If more, specify

8. How many days have your daily activities been impacted in the past month?

☐ 0-1 ☐ 2 ☐ 3-5 ☐ If more, specify

9. How many days have you had difficulty sleeping in the past month?

☐ 0-1 ☐ 2 ☐ 3-5 ☐ If more, specify

10. Have you experienced any of the following since your last visit?

☐ Eye pain, redness or sensitivity to light
☐ Fatigue
☐ Red or scaly patches on the skin
☐ Increased stiffness
☐ Depressed mood
☐ Other____________________
☐ Reduced mobility
☐ Pain in areas other than the spine
☐ Stomach pain or diarrhea
☐ Heel swelling or pain

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During your visit be sure to let your doctor know the following:

1. Have you been following your treatment plan?

☐ Yes ☐ No

If No, why not?

____

____

2. Are you satisfied with your current treatment plan?

☐ Yes ☐ No

If No, why not?

____

____

____

3. Have you had any significant health events (hospitalization, procedures, illnesses, etc.) since your last visit?

____

____

4. Have you started any new over-the-counter or prescription medication or supplements?

☐ Yes ☐ No

If Yes, which ones, how much and how often?

____

____

5. Do you need any medication refills? If Yes, please list below.

☐ Yes ☐ No

____

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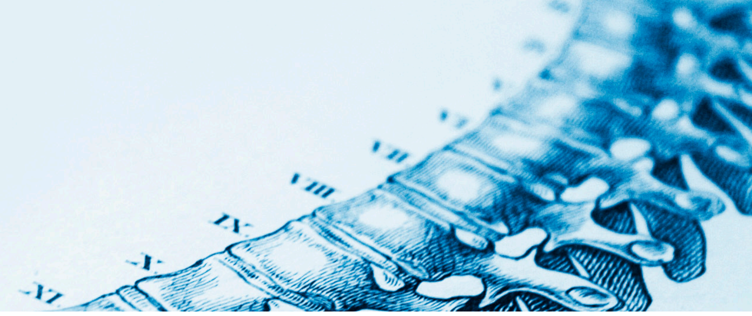
____



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Questions for your doctor:

Important points from your visit today: