Psoriatic arthritis doctor discussion guide

Open conversations can help you stay on track for meeting your treatment goals. Answer these questions and share them with your doctor to have a more productive appointment.

1. When were you diagnosed with psoriatic arthritis (PsA)?

2. Are you currently taking any medications or treatments for psoriasis or PsA? If so, which one(s)?

3. Is your current medication meeting your treatment goals? (Having few to no symptoms and an active lifestyle are common PsA treatment goals.)

   - Yes
   - No
   - I don’t know

4. What are your symptoms? (Check all that apply.)

   - Pain
   - Stiffness
   - Swelling
   - Skin lesions
   - Fatigue
   - Red, scaly skin plaques
   - Other ____________________________

5. How severe is your joint pain? (Add details in the notes section.)

   0 No pain
   10 Worst possible pain

Without appropriate treatment, unchecked PsA inflammation can cause irreversible joint damage.

Sharing your symptoms and their impact on your life with your rheumatologist is a good way to start setting treatment goals.
6. What makes your symptoms feel better or worse? (e.g., rest, exercise, hot/cold temperatures, medication, etc)

7. Which joints are your symptoms affecting? (Check all that apply.)

- [ ] Knees
- [ ] Elbows
- [ ] Wrists
- [ ] Ankles
- [ ] Fingers
- [ ] Toes

8. Are you experiencing symptoms in other areas? (Mark all areas that apply and talk to your doctor about all symptoms, such as eye pain or stomach issues, so they can appropriately manage your care.)

9. Which of the following quality of life issues would you like to address? (Check all that apply. There are various management techniques and treatment options that may help.)

- [ ] Difficulty getting out of bed
- [ ] Struggling to dress yourself
- [ ] Difficulty with daily tasks
- [ ] Struggling to complete work tasks
- [ ] Difficulty socializing
- [ ] Difficulty exercising
- [ ] Other: ____________________________

10. Have you ever seen a rheumatologist for your joint symptoms?

- [ ] Yes
- [ ] No

Rheumatologists are doctors who specialize in diseases of the joints and are often the best doctors to see for the diagnosis and management of PsA.

With PsA, inflammation can affect more than your skin and joints. It can also affect your eyes, your heart, and your GI tract. If any of these symptoms seem familiar, talk to your doctor.

Notes: