

GENERAL SCREENING

ARTHRITIS

Individuals with arthritis usually have a good idea of what they can and cannot do. Consider the following questions when assessing the needs of a new resident who has arthritis.

1. What joints does the arthritis affect? _____

2. What joints are most painful? _____

3. When is pain the worst? a.m. p.m.
When is pain the least? a.m. p.m.
4. What increases pain?
____ Standing?
____ Sitting?
____ Walking?
____ Other?
5. Which treatments relieve pain and discomfort? Describe treatment.
____ Rest
____ Medication
____ Exercise
____ Heat
____ Other
6. How is joint movement limited? (If possible, have resident demonstrate the range of motion of affected joints.) _____

7. Is there pain in multiple joints? _____

8. Are there symptoms? _____

9. Is swelling a problem? Yes No

If yes, how is it treated? _____

10. Are there problems with balance while standing or walking? Yes No

11. Which daily activities can be performed?

_____ Eat with a knife and fork?

_____ Use pair of scissors?

_____ Pick up an object from the floor?

_____ Lift an article from a shelf?

_____ Write a letter?

_____ Toilet?

_____ Shampoo hair?

_____ Wash face?

_____ Put on and take off socks?

_____ Put on and take off shirt/blouse?

_____ Button clothing?

_____ Get up from lying down?

_____ Walk on level ground?

_____ Walk upstairs?

12. What activities does the resident enjoy? _____

13. What exercises have been recommended? _____
