Dear Patient, please read the questions below and put a cross (X) in the box that best describes your usual abilities OVER THE COURSE OF THE LAST WEEK.

1. Dress yourself, including tying shoelaces and doing buttons?
   - Without ANY difficulty: [ ] 0
   - With SOME difficulty: [ ] 1
   - With MUCH difficulty: [ ] 2
   - UNABLE to do: [ ] 3

2. Get in and out of bed?
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3

3. Lift a full cup or glass to your mouth?
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3

4. Walk outdoors on flat ground?
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3

5. Wash and dry your entire body?
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3

6. Bend down to pick up clothing from the floor?
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3

7. Turn taps on and off?
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3

8. Get in and out of a bus, car, train, or airplane?
   - [ ] 0
   - [ ] 1
   - [ ] 2
   - [ ] 3

For Rheumatologists use only

Add the totals for each of the four columns and use this value to look up and circle the MHAQ score in the grid below.

| Score | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|-------|---|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Value | 0.000 | 0.125 | 0.250 | 0.375 | 0.500 | 0.625 | 0.750 | 0.875 | 1.000 | 1.125 | 1.250 | 1.375 | 1.500 | 1.625 | 1.750 | 1.875 | 2.000 | 2.125 | 2.250 | 2.375 | 2.500 | 2.625 | 2.750 | 2.875 | 3.000 |

Dear Patient, please draw a vertical line on the scale below that best represents how active your arthritis has been in the last week.

Not active at all

Very active

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Score
## Rheumatoid Arthritis Quality Indicators

<table>
<thead>
<tr>
<th><strong>A. Disease Activity</strong></th>
<th><strong>Tick (✓) if checked or requested</strong></th>
<th><strong>Within desirable range (✓) Yes (✓) No</strong></th>
<th><strong>Action taken (✓)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Review compliance and understanding of rheumatoid medications, monitoring etc</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>2. Record RA disease activity by: (a) DAS</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>(b) all of the following: swollen joint count, physical function, patient global disease activity, CRP</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>B. Comorbidities: every 3-6 months check and record:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Smoking status, willingness to quit, offer treatment to do so (via GP)</td>
</tr>
<tr>
<td>4. Alcohol use. (None permitted if on hepatotoxic medications otherwise: females ≤1 std drink and males ≤ 2 std drinks / day)</td>
</tr>
<tr>
<td>5. Weight and height to calculate BMI. and/or record waist circumference (Target: females ≤ 80 cm males ≤ 94 cm)</td>
</tr>
<tr>
<td>6. Blood Pressure: Target &lt;130/85 if patient has diabetes, renal or cardiac disease otherwise &lt;140/90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>C. Comorbidities: every 6-12 months check and record:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>7. Fasting plasma glucose (target &lt;6 mmol/L)</td>
</tr>
<tr>
<td>8. Fasting: total cholesterol (&lt;4 mmol/L), LDL cholesterol (&lt;2.5 mmol/L) HDL cholesterol (&gt;1 mmol/L) and tryglycerides (&lt;2 mmol/L)</td>
</tr>
</tbody>
</table>

*Inform patient there is increased cardiovascular morbidity and mortality in patients with RA. Remind patient of the risk factors associated with cardiovascular disease.*

| 9. Creatinine and eGFR (>60 mls/min/1.73m²) | ☐ | ☐ | ☐ |
|------------------------------------------------|
| 10. Assess and manage risk factors for osteoporosis (e.g. prolonged use of glucocorticoids). Check Vitamin D, Bone Mineral Density (as needed) | ☐ | ☐ | ☐ |