

RACH YOURSELF

THE RACH FOUNDATION FOR ANKYLOSING SPONDYLITIS

CONVERSATION GUIDE

No matter how long it's been since you learned you have ankylosing spondylitis (AS), or how long you have been on treatment, taking stock of your progress regularly is a good idea. A range of effective treatments and therapies are available for AS and can each work differently depending on the person to ultimately help manage the daily challenges caused by AS.

Checking in with your healthcare team is critical to see whether you are achieving the level of control you would like. This simple discussion guide will help you reassess the impact AS may be having on your life and inform future conversations with your best ally, your rheumatologist.

EVALUATE YOUR CURRENT ACTIVITY

Thinking about the past month, on a 5-point scale (1 is easy to 5 impossible), please indicate your ability in relation to each of the following 'everyday' activities.*

Evaluating your current activity	1	2	3	4	5
Putting on socks or tights without help or aids (e.g., sock aid)	<input type="radio"/>				
Bending from the waist to pick up an item from the floor without aid	<input type="radio"/>				
Reaching a high shelf without help or aids (e.g., helping hand)	<input type="radio"/>				
Getting up from an armless chair without your hands or any other help	<input type="radio"/>				
Getting up off the floor (without help) from lying on your back	<input type="radio"/>				
Standing unsupported for 10 minutes without discomfort	<input type="radio"/>				
Getting out of bed (without help) from any position	<input type="radio"/>				
Climbing 12-15 steps without using a handrail or walking aid	<input type="radio"/>				
Looking over your shoulder without turning your body	<input type="radio"/>				
Doing physically demanding activities (e.g., physiotherapy exercises, gardening or sports)	<input type="radio"/>				
Doing a full day's activities at home or at work	<input type="radio"/>				

In addition to impacting everyday activities, tell your rheumatologist if you are experiencing any of the following challenges. Select any and all that apply:

- Fatigue
- Poor quality sleep
- Bowel problems e.g., constipation
- Eye pain or discomfort
- Blurred vision or light sensitivity
- Pain during sex
- Joint pain
- Reduced ability to work or study
- Reduced independence
- Relationship problems
- Avoiding socialising
- Avoiding activities I used to enjoy
- Poor mental health e.g., anxiety or depression

Take a note of your healthcare team if you are experiencing any of the above symptoms, as they may be helpful in treating your health.

HOW ARE YOUR AS SYMPTOMS AFFECTING YOU?*

Thinking about the past 1-3 months, how would you describe the:

- Overall level of fatigue/tiredness you have experienced? None 1 2 3 4 5 None at all
- Overall level of AS neck, back or hip pain you have had? None 1 2 3 4 5 None at all
- Overall level of pain/swelling in joints other than neck, back, hips you have had? None 1 2 3 4 5 None at all
- Overall level of discomfort you have had from any areas tender to touch or pressure? None 1 2 3 4 5 None at all
- Overall level of morning stiffness you have had from the time you wake up? None 1 2 3 4 5 None at all
- Usual duration of morning stiffness from the time you wake up? 0-15 mins 15-30 mins 30-45 mins 45-60 mins 60-90 mins 90-120 mins 120-180 mins 180-240 mins 240-300 mins 300-360 mins 360-420 mins 420-480 mins 480-540 mins 540-600 mins 600-720 mins 720-840 mins 840-960 mins 960-1080 mins 1080-1200 mins 1200-1440 mins 1440-1680 mins 1680-1920 mins 1920-2160 mins 2160-2400 mins 2400-3000 mins 3000-3600 mins 3600-4200 mins 4200-4800 mins 4800-5400 mins 5400-6000 mins 6000-7200 mins 7200-8400 mins 8400-9600 mins 9600-10800 mins 10800-12000 mins 12000-14400 mins 14400-16800 mins 16800-19200 mins 19200-21600 mins 21600-24000 mins 24000-30000 mins 30000-36000 mins 36000-42000 mins 42000-48000 mins 48000-54000 mins 54000-60000 mins 60000-72000 mins 72000-84000 mins 84000-96000 mins 96000-108000 mins 108000-120000 mins 120000-144000 mins 144000-168000 mins 168000-192000 mins 192000-216000 mins 216000-240000 mins 240000-300000 mins 300000-360000 mins 360000-420000 mins 420000-480000 mins 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