

RACH YOURSELF

THE RACH
SUPPORT
PROGRAM

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

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 able to help you find ways to manage your health.

HOW ARE YOUR AS SYMPTOMS AFFECTING YOU?*

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

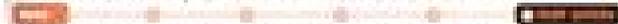
Overall level of fatigue/tiredness you have experienced?



Overall level of AS neck, back or hip pain you have had?



Overall level of pain/swelling in joints other than neck, back, hips you have had?



Overall level of discomfort you have had from any prescribed or bought or pressure?



Overall level of morning stiffness you have had from the time you wake up?



Usual duration of morning stiffness from the time you wake up?



MANAGING YOUR AS

How do you feel that your current management plan is controlling your AS to the extent you would like?

Yes No

Discuss to speak to your rheumatologist about whether your current treatment is managing symptoms well and ensure they factor in your preferred administration route (e.g., oral vs. IV and daily vs. monthly), work and other life commitments, and personal goals such as long-term and other activities. A healthcare professional should decide on the appropriate AS in consultation with the patient.

What treatment administration method (both prescription and over the counter) do you use?

- Tablet
- Topical cream
- Other
- Injection

It is possible other forms of therapy outside of prescription and over the counter to help manage your AS e.g., physiotherapy, swimming, acupuncture, exercise, and chiropractor if you are using other treatments e.g., alcohol.

SPEAK TO YOUR RHEUMATOLOGIST AND DISCOVER HOW TO BETTER MANAGE YOUR ANKYLOSING SPONDYLITIS.

FOR MORE INFORMATION VISIT WWW.RACHYOURSELF.CO.UK

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Guide To Conversation

Eugène Plumon



Guide To Conversation:

Starting a Conversation Amy Watson,2016-05-16 Here s an inescapable fact you will need to know how people talk and react to whatever things you say It is also important on how to choose the words and the how to approach a person to pick up a conversation be it formal or casual Conversations are important because they have the ability to resolve conflicts and find solutions to any situation you are in A person with a good ability to talk and connect with others around him will always be in control in any situation he she is put in If you do not develop your conversational skills you will be let down and ignored in a social circle The core of a man s knowledge comes from interaction with different kinds of people You have to possess a specific skill set that allows you to open up with other people and they should be able to give back the same to you

Lifetime Conversation Guide James K. Van Fleet,1984 Whether at home or at work you spend a lot of your waking hours conversing with other people You try to influence their behavior by advising ordering and persuading but all too often you fail to get through to them Here are scores of conversation power techniques you can use to control the behavior of others in virtually any family business or social situation Without ever raising your voice you can get anyone to do what you want the way you want and do it gladly Once you learn these simple methods of verbal persuasion you ll wield an almost magical power over everyone and win the respect support and friendship of everyone you meet

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Introverts Guide to Conversation Makram Shakur,Introvert Advantage,Introvert Power,Small Talk,2014-07-19 Do You

Have Trouble With Conversations And Small Talk Do You Feel Like A Wallflower In Social Situations Is This Holding Your Life Back Being able to start and hold conversations is vital in both your professional and personal life It's something you can't ignore The fact of the matter is that if you want to get ahead in this world you are going to have to deal with people in a variety of social situations This can be challenging if you are what is known as an introvert Small talk and social situations likely stress you yet they are necessary to partake in if you want to succeed in an extrovert world That's the bad news The good news is that small talk and starting and holding a conversation are skills that can be learned just like any other skill If this interests you my book *The Introverts Guide To Conversation* is for you Within its pages you will learn the following

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Table of Contents Guide To Conversation

1. Understanding the eBook Guide To Conversation
 - The Rise of Digital Reading Guide To Conversation
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Conversation
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Conversation
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Conversation
 - Personalized Recommendations
 - Guide To Conversation User Reviews and Ratings
 - Guide To Conversation and Bestseller Lists
5. Accessing Guide To Conversation Free and Paid eBooks
 - Guide To Conversation Public Domain eBooks
 - Guide To Conversation eBook Subscription Services
 - Guide To Conversation Budget-Friendly Options

6. Navigating Guide To Conversation eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide To Conversation Compatibility with Devices
 - Guide To Conversation Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide To Conversation
 - Highlighting and Note-Taking Guide To Conversation
 - Interactive Elements Guide To Conversation
8. Staying Engaged with Guide To Conversation
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide To Conversation
9. Balancing eBooks and Physical Books Guide To Conversation
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Conversation
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Guide To Conversation
 - Setting Reading Goals Guide To Conversation
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Guide To Conversation
 - Fact-Checking eBook Content of Guide To Conversation
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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