

# RA UNSPOKEN

## TRACK your personal treatment & progress diary

Helping you manage  
your RA and get the most  
out of your treatment



Get online for even more at [www.RAUnspoken.co.uk](http://www.RAUnspoken.co.uk)

The 'RA Unspoken campaign' is a collaborative project between Arthritis Care, Roche Products Ltd. and Chugai Pharma UK Ltd. and is aimed at people with rheumatoid arthritis. The project has been initiated and funded by Roche Products Ltd. and Chugai Pharma UK Ltd. RCUKCOMM00179y May 2014.

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**This diary belongs to:**

**A bit about you**

**My rheumatologist is:**

**My RA is currently treated with:**

**My previous RA treatment(s) were:**

**Hello!**

By downloading the personal treatment & progress diary you've taken a great step forward in effectively managing your rheumatoid arthritis (RA) and your treatment.

**How will this diary help me?**

Firstly, you can take this diary to your appointments with your rheumatologist. Both you and your rheumatologist are busy people so to help you get the most from your appointment you can use this diary as a reminder of how you are doing on your current treatment(s) and how you have been feeling.

Secondly, this diary will help remind you when you are due to take your medication and when your appointments to see your rheumatologist, other doctor or nurse are, so you don't miss a thing!

**How do I use my diary?**

**Step 1**

Fill out your details on the inside cover. This will help keep the important names, numbers and treatments, both past and present, in one handy place.

**Step 2**

Fill out your progress on the calendar pages.

These are set as weekly pages for you, so you haven't got too much to fill out, but enough to talk to your rheumatologist or nurse about. You can fill these out more frequently if you wish, but you might be too busy and short on time.

Here's an example of a typical week to help show you how to fill in the diary.




**How do I fill out the diary pages?**




Fill in the week, we recommend starting on a Monday and putting the exact date to help you remember

At the end of each day, mark the circle next to the face that most represents how you have been feeling overall and note why

**Week commencing** \_\_\_\_\_

What medication are you taking this week and how have you been feeling?

Day	Treatment(s)	Did you take your treatment(s) as prescribed?	How are you feeling today			Notes
						
M	Drug 1	Yes		✓		
T		N/A – no treatment to take today	✓			
W	Drug 2	No		✓		
T	Drug 2				✓	I have felt very nauseous today with an upset stomach. I couldn't face taking my meds as I thought they may make my stomach upset even worse.
F		N/A (as above)			✓	Swelling and pain in the knuckles on my right hand has made typing at work very difficult today. Stuck to filing instead
S	Drug 2	No			✓	I am completing this on Monday as we went away for the weekend and I forget to take my meds along with me. I will start again today (Monday).
S		N/A	✓			

Overall how did you feel this week?   

Where is your RA pain this week? Swollen joints  Tender joints

Overall, how would you rate your pain? 1 (no pain)  1  2  3  4  5  6  7  8  9  10

For each day, the diary gives you plenty of space to note down:

- the medication(s) you need to take
- whether you have taken them as prescribed
- how you are feeling (including any specific notes on RA symptoms or unwanted effects you may be experiencing from your medication)

Record the times at which your RA has given you the most trouble this week. Over time this will build up a picture for both you and your rheumatologist of how well your RA is managed.



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Swollen joints 
 Tender joints

Overall, how would you rate your pain? 1 (no pain) to 10 (severe pain)

1
  2
  3
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T		N/A – no treatment to take today	✓			
W	Drug 2	No		✓		
T	Drug 2				✓	
F		N/A (as above)			✓	
S	Drug 2	No			✓	
S		N/A	✓			

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## Don't forget

Don't forget, before you see your rheumatologist it is important to consider what you want to talk to him/her about.

Subjects you may want to think about include:

Has my RA got any worse?

What problems am I having?

Am I taking my medication exactly as prescribed?

How do I feel after I have taken my medications?

How have I been feeling recently?

To help you remember everything, you can use the box on this page to write down some of the questions you want to ask.

To get you started, opposite are some suggested questions that you might want to think about.

## Speaking about RA...

### 1. Are there any unwanted effects that people commonly experience with my medication(s)? Is what I am experiencing normal?

You may find it helpful to think about how you feel each day and note down any feelings you think may be connected to your treatment plan; the **TRACK** diary can help you to conveniently record this. This can help your rheumatologist understand the severity of your problems and what may be causing them.

### Questions about "Missing Medication":

1. I have been struggling with my treatment and have been tempted to miss / I have missed some of my medication doses. Is there anything we can do to make my treatment plan easier to stick to?

2. Is it a problem if I take a lower dose of my medication than I was prescribed?

3. My medication has been making me feel tired/nauseous/..., what can I do to minimise this?

4. My medication often makes me feel..., and it is impacting my family life/ability to work? Can anything be done to prevent this?

### Questions about "Forgetting things":

1. Sometimes I don't remember all my doses. Is it possible for me to have a simpler treatment plan?

2. I sometimes forget to take my medication on the same day each week. Is this a problem?

### Questions about "I just can't do it":

1. My treatment is a constant struggle and I feel I can't continue, what options do I have?

2. My treatment makes me feel so ill that I feel I can no longer work/ enjoy my family life. What can I do?

And of course, don't forget to take your **TRACK** Diary with you!



# Unspoken questions

Your rheumatologist wants to make sure you are receiving the most appropriate treatment, but they need your help when choosing your treatment because only you know how you feel.

You can also ask questions to find out whether any unwanted effects that you are feeling are normal or whether you can find a simpler treatment regimen. Although some questions may be difficult to ask, the insight they provide into your RA can be a big help to your rheumatologist. You may want to consider the following Unspoken questions to see if they apply to your experiences:

## Questions about “Unwanted effects”:

1. Are there any unwanted effects that people commonly experience with my medication(s)? Is what I am experiencing normal?
2. You may find it helpful to think about how you feel each day and note down feelings you think may be connected to your treatment plan; the TRACK diary can help you to conveniently record this. This can help your rheumatologist understand the severity of your problems and what may be causing them.

## Questions about “Smoking”:

1. Is cigarette smoking associated with an increased risk of developing RA?
2. Can smoking affect the severity of my RA symptoms?
3. Does my smoking affect the efficacy of my RA medications?
4. If I stop smoking, will my RA symptoms improve?
5. Will stopping smoking result in less side-effects from my RA medication?

## Questions about “Missing Medication”:

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