BEALS INSTITUTE

ARTHRITIS, OSTEOPOROSIS and AUTOIMMUNE DISEASES

Diplomat, American Board of Internal Medicine and Rheumatology, Board Certified

HOW DOES YOUR CONDITION AFFECT YOUR ABILITY TO ENGAGE IN EVERYDAY ACTIVITIES?

Fill out this simple form to assess how your condition may be affecting your daily life, and share the answers with your rheumatologist. He or she may find the information useful when evaluating your condition and discussing treatment options.

Patients Name:	D.O.B.	Date:

Please check the response that best describes your usual abilities over the past week:	Without ANY difficulty (0)	With SOME difficulty (1)	With MUCH difficulty (2)	Unable to do (3)	OFFICE USE Highest score
DRESSING & GROOMING—are you able to:					
Dress yourself, including shoelaces and buttons?	☐	☐	☐	☐	
Shampoo your hair?	☐	☐	☐	☐	
ARISING—are you able to:					
Stand up from a straight chair?	☐	☐	☐	☐	
Get in and out of bed?	☐	☐	☐	☐	
EATING—are you able to:					
Cut your meat?	☐	☐	☐	☐	
Lift a full cup or glass to your mouth?	☐	☐	☐	☐	
Open a new milk carton?	☐	☐	☐	☐	
WALKING—are you able to:					
Walk outdoors on flat ground?	☐	☐	☐	☐	
Climb up five steps?	☐	☐	☐	☐	
HYGIENE—are you able to:					
Wash and dry your body?	☐	☐	☐	☐	
Get on and off the toilet?	☐	☐	☐	☐	
REACH—are you able to:					
Reach and get down a 5-pound object (such as a bag of sugar) from above your head?	☐	☐	☐	☐	
Bend down to pick up clothing from the floor?	☐	☐	☐	☐	
GRIP—are you able to:					
Open car doors?	☐	☐	☐	☐	
Open previously opened jars?	☐	☐	☐	☐	
Turn faucets on and off?	☐	☐	☐	☐	
ACTIVITIES—are you able to:					
Run errands and shop?	☐	☐	☐	☐	
Get in and out of a car?	☐	☐	☐	☐	
Do chores such as vacuuming or yard work?	☐	☐	☐	☐	

How much pain have you had because of your condition in the past week:

Place a single vertical mark (|) on the line to indicate the severity of the pain.

0 — 50 — 100

Pain Score

	TOTAL
	÷ Number of answered groups
	TOTAL HAQ Disability Index Score

*The Health Assessment Questionnaire (HAQ) Disability Index measures disability with the use of aide devices.
It is scored on a scale of 0 to 3 units. A score of 0 indicates the lack of any measurable degree of disability, whereas a score of 3 means that a patient is unable to perform all activities.

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