



Striving for the highest level of care

How to get the best out of your RA treatment

RA treatment goal discussion aid

abbvie

This aid has been developed by a group of expert rheumatologists and patient representatives, as part of the EVEREST initiative, to help patients with rheumatoid arthritis manage their condition, and does not replace medical examination and/or advice. Please reach out to your doctor if you need any help with managing your rheumatoid arthritis.

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How to get the best out of your RA treatment

Treatment goal discussion aid

Rationale:

To help you and your patient better understand each other's perspectives regarding progress toward you and your patient's goals

How the tool works:

This tool is an interactive work mat to be used digitally on PowerPoint (separate printout version also available). You and your patient can drag and drop the cable cars to place them onto the mountain scene

1. Fill in the name of your patient and the date of the visit in the spaces provided
2. **Select the most appropriate disease activity target for your patient, and ask your patient to prioritize the most important personal goal for them** (Note: Goals can be changed if they are achieved or no longer a priority)



Doctor's goal: Disease activity target based on specific disease activity measure used



Patient's goal: Personal goal, eg, an activity your patient would like to be able to do

3. Write down the dates you and your patient would like to achieve the goals (both dates do not have to be the same)
4. One side of the mountain is for you (the doctor) to climb, and the other is for your patient. The colored flags up the mountain represent **progress toward achieving the chosen goal**. Drag and drop the cable cars to indicate **“what is our goal,” “where were we last time,”** and **“where are we now.”** The aid will highlight occasions where the patient does not feel they are doing as well as the doctor believes they are, and vice versa
5. At each of the following visits, **save a new slide** within the document, or continuously update one slide. You may wish to note down progress toward the goals in the **EMR**
 - It may be beneficial to share a copy with your patient (eg, over email, a printed copy, or a photo on their phone) so they can reflect on their goals and their progress

EMR, electronic medical record; RA, rheumatoid arthritis

Patient's name:		Patient number:	
Doctor's name:		Date:	

Doctor's goal
(based on disease activity measures):

Date to achieve goal:	Please highlight one from each row
Disease activity measure	<ul style="list-style-type: none">– CDAI– SDAI– DAS28-CRP– DAS28-ESR– Other (please specify):
Target	<ul style="list-style-type: none">– Remission– Low disease activity– Other (please specify):

Patient's goal (choose the most important goal for you right now):

(Think about how you want to improve your quality of life and specific goals you want to work toward)

Date to achieve patient's goal:

Categories	Suggested areas to consider (please highlight one)	Specific details (please add below)
Physical wellbeing	Daily activities (eg, shopping, cleaning)	
	Independence/mobility	
	Quality of sleep; fatigue	
	Exercise/sport	
	Pain	
	Weight loss or gain; appetite	
	Other	
Emotional wellbeing	Stress/mental wellbeing	
	Concern over appearance	
	Mood (eg, loneliness, feeling down or misunderstood)	
	Other	
Social life	Hobbies	
	Family, friends, and other relationships	
	Travel, going out	
	Other	
Work life and study	Study and student life	
	Applying for, keeping, or switching, a job	
	Traveling to and from work	
	Daily tasks, work performance	
	Other	
Personal	Self-care: Personal hygiene, getting dressed	
	Intimacy (eg, sexual intimacy)	
	Pregnancy	
	Caregiving	
	Other	
Disease activity	Remission	
	Low disease activity	
	Other	
Other		

CDAI, Clinical Disease Activity Index; CRP, C-reactive protein; DAS28, Disease Activity Score in 28 joints; ESR, erythrocyte sedimentation rate; SDAI, Simple Disease Activity Index



Drag and drop the cable cars beneath the appropriate flag



Doctor

Clinical
remission

I am at my
best!

Patient



Low disease
activity

I can almost
do this

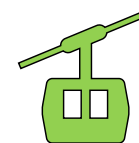
Moderate
disease
activity

I am not
comfortable
doing this

High disease
activity

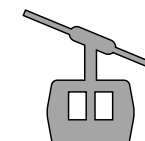
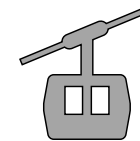
I am unable
to do this

What is our goal?



Where were we last time?

Date of previous visit:



Where are we now?

Today's date:

