

Psoriatic Arthritis (PsA) Discussion Guide

If you're living with psoriatic arthritis, it's important that you feel empowered to advocate for yourself and to speak openly with your doctors about managing your disease. The Canadian Spondyloarthritis Association Discussion Guide is developed to help you prepare for your appointment to ensure a productive conversation about your PsA goals and concerns.

Before Your Appointment

Studies show that 30% of patients underreport their symptoms. People might also forget the extent to which PsA impacts their life. Document your symptoms and any side effects from medications you're taking and any changes in your lifestyle.

SYMPTOMS

Record the intensity of your symptoms in the last month: 1 = no | 2 = mild | 3 = moderate | 4 = severe

	1	2	3	4
Swollen/painful joints	☐	☐	☐	☐
Stiff joints	☐	☐	☐	☐
Back and neck pain	☐	☐	☐	☐
Nail pitting/separation	☐	☐	☐	☐
Chest and rib pain	☐	☐	☐	☐
Sausage toes/fingers	☐	☐	☐	☐
Heel pain	☐	☐	☐	☐
Psoriasis	☐	☐	☐	☐
Fatigue	☐	☐	☐	☐
Eye inflammation (uveitis)	☐	☐	☐	☐
Gut / Bowel Inflammation (IBD)	☐	☐	☐	☐
Other _____				

IMPACT ON YOUR LIFE

Record the number of days in the last month lost in:

Social activities _____

Work/Academics _____

Sleep _____

Hobbies _____

Family and intimate relationships _____

Other _____

LIFESTYLE CHANGES

Record your recent lifestyle habits:

Diet _____

Exercise _____

Smoking _____

Cannabis/CBD use (recreational/medicinal) _____

Alcohol consumption _____

Other _____

MEDICATIONS

List the medications you've been prescribed and any accompanying side effects:

Name of medication _____ **Duration** _____

Side effects _____

Improvements _____

Name of medication _____ **Duration** _____

Side effects _____

Improvements _____

Name of medication _____ **Duration** _____

Side effects _____

Improvements _____

Other alternative treatments

(acupuncture, meditation, natural remedies, etc.)



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During Your Appointment

Create a meaningful and impactful conversation during your appointment using these 3 steps:

1. COME PREPARED

Come prepared with this discussion guide. Remember, this is your chance to advocate for yourself. You've diligently tracked your symptoms and concerns — don't hold back. Your insights matter. Use the tracker to present a clear picture of your condition.

2. COLLABORATE

Collaborate with your health care provider to set impactful goals for managing your symptoms. For example:

1. Excel at work
2. Wake refreshed, sleep better
3. Rediscover hobbies with ease
4. Enjoy social connections/outings
5. Feel comfortable and confident

Your #1 goal: _____

Other goals:

3. ASK QUESTIONS

Ask questions. For example:

1. How do I reduce my inflammation and visible lesions?
2. Should I be aware of any newer medications and treatment options?
3. What are the benefits or risks of these treatment options?
Are there any specific foods I should eat or avoid eating?
4. How can I calm a psoriasis flare-up?
5. Can you recommend any pain management considerations?

Your questions: _____

1^{IN}4

people living
with Psoriasis
may develop
Psoriatic Arthritis
in their lifetime

After Your Appointment

The Canadian Spondyloarthritis Association (CSA) provides information, resources, and support for people living with PsA as well as their caregivers.

Visit sparthritis.ca to learn more.

Review goals discussed with your health care provider and reflect on progress monthly.

Keep monitoring your symptoms, medications, and lifestyle changes to ensure effective management.