

JOINT PAIN

(DDx: RA, SLE, Scleroderma, Inflammatory myopathy, Spondyloarthropathies, Gout, Enteropathic Arthritis, Septic arthritis, FMF, Behcet's disease)

Introduce yourself , take permission	
Patient profile (name , age , occupation , marital status...)	
Chief complaint + duration	
Analysis of the Chief Complaint (SOCRATES)	
Site a) Which joints? <input type="checkbox"/> Small / <input type="checkbox"/> Large b) How many joints affected? <input type="checkbox"/> One/Multiple c) Symmetrical joint involvement? Yes / No Onset (sudden or gradual, progression, first time) Acute, severely painful (septic, gout,) Character a) Migratory b) Redness, swelling c) Joint deformities Radiation Associated symptoms (finish the CC analysis then ask about them ↓) Timing a) Continuous or intermittent b) Day or Night c) Morning Stiffness Exacerbating & Relieving factors - Exacerbating: a) Movement / b) Cold weather - Relieving: a) Rest / b) Movement c) Drugs Severity → affect movement and daily activities?	
Constitutional a) Fever → FMF, Septic Arthritis b) Weight loss c) Anorexia d) Fatigue MSS a) Skin rash (Inflammatory myopathy) b) Skin Nodules c) Muscle weakness d) Skin thickening e) Back pain CVS : a) Chest pain /b) SOB RS a) cough b) shortness of breath c) pleuritic pain GUS a) haematuria, ankle swelling (nephritis) b) Genital Ulcers GI a) Mouth Ulcers b) Dysphagia c) Vomiting d) Abdominal pain e) diarrhoea (Reiter's syndrome), bloody diarrhea (inflammatory bowel disease) Eye Symptoms	

Review of systems
Past medical and surgical
<ul style="list-style-type: none"> • Autoimmune conditions + Trauma • Previous admissions. • Previous surgeries.
Drug Hx: Thiazides (increase uric acid) , Long-term steroids (osteoporosis) • NSAIDs (gout) • Over-the-counter medication
Family Hx: Ask about relevant conditions related to the history , and any chronic diseases.
Social Hx: Smoking history (# of pack years), alcohol, travel history

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****Investigations:**

1. RA → RF/anti-CCP/ESR
2. SLE → ANA/anti-smith AB/ant-ds DNA AB
3. Scleroderma → ANA/anti-centromere AB
4. Inflammatory myopathies → creatinine phosphokinase/aldose
5. Gout → synovial fluid analysis (urate crystals)