

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

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