Assessing Psoriatic Arthritis

Psoriatic arthritis (PsA) is a complex condition that involves many body areas. To optimise best practice, all PsA patients should be assessed appropriately to help prevent irreversible joint damage. Assessment of PsA should involve both joint and skin assessments.

Assessment and Screening of Psoriatic Disease in Rheumatology Clinics

A modular approach has been developed for PsA assessment which lists the minimum level of assessment through to a more advanced assessment for patients at rheumatology clinics. The approach supports clinics to work towards a more advanced assessment for patients at rheumatology clinics. The approach supports clinics to work towards a more advanced assessment for patients at rheumatology clinics.

Joint Count 66/68

Pole green dots represent joints also assessed in DAS28. For additional information on scoring these joints, please refer to the Standardising DAS28 poster.

Enthesitis

Enthesitis is the inflammation of the enthesis, the point where a tendon inserts into bone and commonly causes tenderness at the site. It can affect any tendon in PsA.

1. Sternoclavicular Joint (SCJ)
2. Acromioclavicular Joint (ACJ)
3. Temporomandibular Joint (TMJ)
4. Distal Interphalangeal Joints (DIPs)
5. Proximal Interphalangeal Joints (PIPs) of feet
6. Metacarpophalangeal joints (MTPs)
7. Mid Tarsal
8. Dactylitis of the big toe
9. Dactylitis of the 2nd toe
10. Dactylitis of the 5th toe
11. Achilles tendon insertion
12. Patellar tendon insertion
13. Lateral epicondyle of elbow/humerus
14. Lateral epicondyle of the elbow / humerus
15. Achilles tendon insertion
16. Lateral epicondyle of elbow/humerus
17. Thyroid cartilage
18. Pubic symphysis
19. Sternum
20. Tendo-Achilles

Skin Assessment

Psoriasis is a skin assessment of the body in four regions: head and neck, arms, trunk and legs. Each region is assigned a score to reflect the extent and severity of the affected area (see the dermatology clinic poster for more information).

Outcome Assessment

NICE guidelines require the use of PsARC as a criteria for the assessment of PsA. This assessment is only needed at 12 weeks. However to conduct a PsARC, baseline scores of 1 week are required. The assessment is only conducted at an intermediate level allows you to conduct the PsARC:

- 66 swollen joint score
- 68 tender joint score
- Patient global assessment (PsGA)
- Physician global assessment (PsGA)

Definition of the criteria:

Response = improvement in ≥ 2 of the 4 tests:

- One of which must be the joint tenderness or swelling score
- No worsening in any of the four measures
- Improvement is defined as a decrease ≥ 30% in the swollen or tender joint score and ≥ 1 in either of the global assessments

Global assessment - recommended questions:

"Considering all the ways the arthritis affects you, how is your patient feeling today?" (Physician)