



[MDHAQ AND RAPID3]

PATIENT INSTRUCTION GUIDE

Learn how to track your
Rheumatoid Arthritis Disease Activity
using part of the Multi-Dimensional
Health Assessment Questionnaire
(MDHAQ, pronounced em-dee-HACK)

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WELCOME!

This instruction guide is designed to help you become more involved with your rheumatoid arthritis (RA) care.

It will show you how to use the Multi-Dimensional Health Assessment Questionnaire (MDHAQ, pronounced em-dee-HACK) to calculate your RAPID3 score by answering 3 questions. RAPID3 turns your answers about how your RA is affecting you into a number score. This guide will also show you how to use this score to follow your RA disease activity over time.

Keeping track of your RAPID3 score as it changes over time and sharing this information with your healthcare team can improve discussions during your office visits, which helps your healthcare provider better manage your RA.

Healthcare providers understand the importance of listening to their patients and value your opinion. In the treat-to-target approach to managing RA, healthcare providers work with their patients who have RA to set goals of remission or lower disease activity. The RAPID3 score, in addition to physical exams, can show your progress toward your treatment goal.

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Included separately:

Multi-Dimensional Health Assessment Questionnaire
Includes the RAPID3 questions

BACKGROUND ON MDHAQ AND RAPID3

[WHAT IS THE MDHAQ AND RAPID3?]

RAPID3 stands for Routine Assessment of Patient Index Data 3. It is a measure of RA disease activity. The RAPID3 score is made up of the answers to 3 questions located on the MDHAQ form. The 3 questions are about your RA symptoms and can be completed in 3 to 5 minutes. RAPID3 was developed by rheumatologists as a way to see changes in your RA symptoms. RAPID3 is one of several RA disease activity measures recommended by the Canadian Rheumatology Association.

The MDHAQ is a questionnaire about how your RA is affecting you. Three questions on this questionnaire are used to calculate your RAPID3 score and disease activity, and they are the only questions you will need to answer. These 3 questions ask about your physical function (FN), your level of pain (PN) and your overall estimation of how you are feeling (referred to as the patient global assessment [PTGL]). Please complete these questions on your own, based on how you feel.

Please note that answering the other questions on the MDHAQ form may be helpful to your healthcare provider and you are strongly encouraged to complete them. However, only questions #1, #2, and #6 are needed to calculate your RAPID3 score.

[HOW DOES THE RAPID3 MEASURE DISEASE ACTIVITY?]

RAPID3 scores place disease activity into 4 categories that estimate the severity of your disease. They include near remission (R), low severity (LS), moderate severity (MS), and high severity (HS). A chart describing these categories is located on the bottom of the RAPID3 scoring section on the MDHAQ form.

One of the most important uses of the RAPID3 score is to determine the severity level of your RA based on your ability to perform certain functions, the level of pain you feel and how you feel overall. Your disease severity is a useful measure in tracking your treatment progress, and it is important to your healthcare provider in planning your medical care.

[HOW ARE MY RAPID3 SCORES USED?]

Your healthcare provider can use your RAPID3 scores to better understand your disease activity level. With RA, a single measure or test to assess your disease severity or treatment progress, such as a blood pressure test for high blood pressure, does not exist. In order for your healthcare provider to assess your RA disease activity level, many things must be considered, such as your physical examination, certain laboratory or diagnostic tests and other medical conditions you may have in addition to your RA. Your RAPID3 scores provide your healthcare provider with another piece of information that can help him or her understand your disease activity level, which is important in determining the care you will receive.

[HOW DO I CORRECTLY ANSWER THE RAPID3 QUESTIONS?]

There are no wrong answers to these questions. Just answer them as best you can. Don't ask a healthcare provider or loved one to answer these questions for you—this is about your impressions of how you feel.

[WHEN SHOULD I FILL OUT THE QUESTIONNAIRE?]

It is recommended that you fill out the questionnaire on the day of an appointment with your doctor.

Every recording of your RAPID3 score and disease severity level—whether it's for an appointment with your doctor or a monthly self-check—may help you and your healthcare provider learn more about changes in your disease over time, which is important in making treatment decisions to help achieve your target of low disease activity level or near remission.

While keeping track of your disease activity level is important, calculating your RAPID3 score on the day of an appointment with your doctor is vital. Bringing your MDHAQ form with your completed RAPID3 score and current disease activity level will provide your healthcare provider with the most current information about your assessment of your RA disease activity.

Keeping track of your RA disease activity is an individual decision

The important thing is that you are open and honest in sharing information about how you feel to help your healthcare provider do what is best for you. These patient education materials have been designed to help you do that. Your healthcare provider may find your RAPID3 score useful in managing your RA. Some healthcare providers use tests other than the RAPID3 to assess their patients' disease activity. If this is the case with your healthcare provider, they may decide not to use your RAPID3 scores and information. Feel free to continue tracking your RAPID3 scores on your own if you find it helpful in monitoring your disease activity.

HOW TO CALCULATE YOUR RAPID3 SCORE



MDHAQ EnV8 **R865**

	With MUCH difficulty	UNABLE to do
1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
2	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
3	<input type="checkbox"/> 2	<input type="checkbox"/> 3
4	<input type="checkbox"/> 2	<input type="checkbox"/> 3
5	<input type="checkbox"/> 2	<input type="checkbox"/> 3
6	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
7	<input type="checkbox"/> 2	<input type="checkbox"/> 3
8	<input type="checkbox"/> 2	<input type="checkbox"/> 3
9	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
10	<input type="checkbox"/> 2	<input type="checkbox"/> 3
11	<input type="checkbox"/> 2	<input type="checkbox"/> 3
12	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
13	<input type="checkbox"/> 2	<input type="checkbox"/> 3
14	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
15	<input type="checkbox"/> 2	<input checked="" type="checkbox"/> 3

1=
2=
3=
4=
5=
6=
7=
8=
9=
10=
11=
12=
13=
14=
15=

FN(1)
5

1	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3
2	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3
3	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3

PN (2)
1.5

PTGL(6)
4

RAPID3
10.5
(0-30)

Category
HS=>12
MS=6.1-12
LS=3.1-6
R=<=3

To calculate your RAPID3 score, add together the numbers located in the FN box, the PN box, and the PTGL box. Place the result in the box labeled RAPID3.

In this example, when you add the functional score of 5 to the pain score of 1.5 and the patient global assessment of 4, you get a total RAPID3 score of 10.5.

HOW TO DETERMINE YOUR DISEASE CATEGORY



MDHAQ EnV8 **R865**

	With MUCH difficulty	UNABLE to do
1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
2	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
3	<input type="checkbox"/> 2	<input type="checkbox"/> 3
4	<input type="checkbox"/> 2	<input type="checkbox"/> 3
5	<input type="checkbox"/> 2	<input type="checkbox"/> 3
6	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
7	<input type="checkbox"/> 2	<input type="checkbox"/> 3
8	<input type="checkbox"/> 2	<input type="checkbox"/> 3
9	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
10	<input type="checkbox"/> 2	<input type="checkbox"/> 3
11	<input type="checkbox"/> 2	<input type="checkbox"/> 3
12	<input type="checkbox"/> 2	<input type="checkbox"/> 3
13	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
14	<input type="checkbox"/> 2	<input type="checkbox"/> 3
15	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3

1=
2=
3=
4=
5=
6=
7=
8=
9=
10=
11=
12=
13=
14=
15=

FN(1)
5

1	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3
2	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3
3	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3

PN (2)
1.5

PTGL(6)
4

RAPID3
10.5
(0-30)

Category
HS=>12
MS=6.1-12
LS=3.1-6
R=<=3

Your RAPID3 score can be any number from 0 to 30. The severity level of your RA is estimated based on your RAPID3 score. A chart located at the bottom of the RAPID3 score section will tell you which category your RAPID3 score places you in. A score greater than 12 is classified as high severity (HS). A score between 6.1 and 12 is moderate severity (MS). A score between 3.1 and 6 is low severity (LS) and a score less than or equal to 3 is near remission (R).

In this example, the RAPID3 score of 10.5 indicates that this patient's RA is moderate severity (MS).

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MULTI-DIMENSIONAL HEALTH ASSESSMENT QUESTIONNAIRE (MDHAQ)

Answer questions 1, 2, and 6
of the MDHAQ (pronounced em-dee-HACK)
to calculate your RAPID3 score and
Rheumatoid Arthritis (RA) Disease Activity

[HOW TO CALCULATE RAPID3 SCORES WITH MDHAQ]

1. Complete questions 1, 2, and 6.
2. For question 1, add up the scores in the first 10 responses only (the 3 separate responses at the end have been found to be informative, but are not scored formally). Use the formula in the box on the right to calculate the formal score (0–10). For example, a patient whose answers total 19 would score a 6.3. Enter this score as an evaluation of the patient's functional status (FN).
3. For question 2, enter the raw score (0–10) in the box on the right as an evaluation of the patient's pain tolerance (PN).
4. For question 6, enter the raw score (0–10) in the box on the right as an evaluation of the patient's global assessment (PTGL).
5. Add the total score (0–30) from questions 1, 2, and 6 and enter them as the patient's RAPID3 cumulative score. Use the final conversion table to simplify the patient's weighted RAPID3 score. For example, a patient who scores 11 on the cumulative RAPID3 scale would score a weighted 3.7. A patient who scores between 0 and 1.0 is defined as near remission (NR); 1.3–2.0 as low severity (LS); 2.3–4.0 as moderate severity (MS); and 4.3–10.0 as high severity (HS).



1. Please check (✓) the **ONE** best answer for your abilities at this time:

OVER THE PAST WEEK , were you able to:	Without ANY difficulty	With SOME difficulty	With MUCH difficulty	UNABLE to do
Dress yourself, including tying shoelaces and doing buttons?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Get in and out of bed?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Lift a full cup or glass to your mouth?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Walk outdoors on flat ground?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Wash and dry your entire body?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Bend down to pick up clothing from the floor?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Turn regular faucets on and off?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Get in and out of a car, bus, train, or airplane?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Walk two miles?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Participate in sports and games as you would like?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Get a good night's sleep?	<input type="checkbox"/> 0	<input type="checkbox"/> 1.1	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3
Deal with feelings of anxiety or being nervous?	<input type="checkbox"/> 0	<input type="checkbox"/> 1.1	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3
Deal with feelings of depression or feeling blue?	<input type="checkbox"/> 0	<input type="checkbox"/> 1.1	<input type="checkbox"/> 2.2	<input type="checkbox"/> 3.3

FN(1)

1=0.3 16=5.3
2=0.7 17=5.7
3=1.0 18=6.0
4=1.3 19=6.3
5=1.7 20=6.7
6=2.0 21=7.0
7=2.3 22=7.3
8=2.7 23=7.7
9=3.0 24=8.0
10=3.3 25=8.3
11=3.7 26=8.7
12=4.0 27=9.0
13=4.3 28=9.3
14=4.7 29=9.7
15=5.0 30=10

PN (2)

PTGL(6)

RAPID3

(0-30)

Category

HS=>12
MS=6.1-12
LS=3.1-6
R=<=3

2. How much pain have you had because of your condition **OVER THE PAST WEEK?** Please indicate below how severe your pain has been:

NO PAIN ○○○○○○○○○○○○○○○○○○○○○○○○○○○○○ **PAIN AS BAD AS IT COULD BE**

0 0.5 1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

3. When you awakened in the morning **OVER THE PAST WEEK**, did you feel stiff? **No** **Yes**
If **"Yes,"** please indicate the number of minutes _____, or hours _____ until you are as limber as you will be for the day

4. How much of a problem has **UNUSUAL** fatigue or tiredness been for you **OVER THE PAST WEEK?** Please indicate below:

FATIGUE IS NO PROBLEM ○○○○○○○○○○○○○○○○○○○○○○○○○○○○○ **FATIGUE IS A MAJOR PROBLEM**

0 0.5 1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

5. How do you feel **TODAY** compared to **ONE WEEK AGO?** Please check (✓) only one.
(1) **Much Better** , (2) **Better** , (3) **the Same** , (4) **Worse** , (5) **Much Worse**

6. Considering all the ways in which illness and health conditions may affect you at this time, please indicate below how you are doing:

VERY WELL ○○○○○○○○○○○○○○○○○○○○○○○○○○○○○ **VERY POORLY**

0 0.5 1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

7. How often do you exercise aerobically (sweating, increased heart rate, shortness of breath) for at least one-half hour (30 minutes)? Please check (✓) only one.

3 or more times a week **1-2 times per week** **1-2 times per month** **Do not exercise**
 Cannot exercise due to disability/ handicap regularly

8. Over the last 6 months, have you had: [please check (✓) **NO** or **YES** – please do not leave blank]

An operation or new illness	<input type="checkbox"/> No <input type="checkbox"/> Yes	Change(s) of arthritis or other medication	<input type="checkbox"/> No <input type="checkbox"/> Yes
A patient visit or stay at a hospital	<input type="checkbox"/> No <input type="checkbox"/> Yes	Change(s) of address	<input type="checkbox"/> No <input type="checkbox"/> Yes
An important new symptom	<input type="checkbox"/> No <input type="checkbox"/> Yes	Change(s) of marital status	<input type="checkbox"/> No <input type="checkbox"/> Yes
Side effects of any drugs	<input type="checkbox"/> No <input type="checkbox"/> Yes	Change job or work duties, quit work, retired	<input type="checkbox"/> No <input type="checkbox"/> Yes
Smoke cigarettes regularly	<input type="checkbox"/> No <input type="checkbox"/> Yes	Change of medical insurance, Medicare, etc.	<input type="checkbox"/> No <input type="checkbox"/> Yes
A fall, accident or other trauma	<input type="checkbox"/> No <input type="checkbox"/> Yes	Change of primary care or other doctor	<input type="checkbox"/> No <input type="checkbox"/> Yes

Please explain any "Yes" answers: _____

Please turn over

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