



PSORIATIC ARTHRITIS FLARE ACTION PLAN

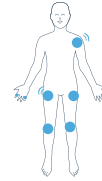
A **FLARE** is when you have worsening symptoms that are long-lasting, including skin irritation and/or joint pain: A flare may look like this:



Feeling more tired



Increased skin irritation



More joint pain and swelling

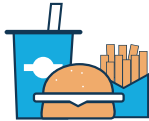
Do you think that you are having a flare at this time? Yes No
If yes, how long have you been feeling this way?

- Less than one week
- Between one and two weeks
- Between two and four weeks
- Between one to three months
- Longer than three months

Possible Causes for A Flare:



Stress



Poor diet



Missed medication



Injury



Illness

Care Plan For Mild Flare

A **MILD** flare may look like this: Tender/swollen joints, harder to complete daily activities, more tired, mild pain
Recent triggers like: stress, medication change, injury, poor diet, illness

<p>Self-Care Activities:</p>	 <p>APPLY HEAT (for muscles) or ICE (reduces swelling) to see if these help your sore joints.</p>
 <p>FIND exercises that take care of you. This may include physical therapy or relaxation exercises.</p>	 <p>REST! Get as much sleep as you can.</p>
 <p>EAT healthy and keep it simple, try to have a rainbow of foods every day.</p>	 <p>CHECK-IN and take care of your mental health.</p>

Medicine for Mild Flare:

If your physician has told you it is OK to take NSAIDS (Non-Steroidal Anti-Inflammatory Drugs) to manage joint discomfort and pain, you can try taking this as directed:

- Ibuprofen (Motrin, Advil)
- Diclofenac (Voltaren)
- Naproxen (Aleve)
- Meloxicam (Mobic)

If you are already on one of these drugs do NOT take more than the maximum dose and DO NOT combine two types of NSAIDS

Care Plan For Moderate To Severe Flare

A **MODERATE** to **SEVERE** flare may look like this: Feeling worse, lasting symptoms that don't respond to the treatments listed above.

WHEN IN DOUBT...REACH OUT!

- ✓ If you need help managing your symptoms
- ✓ If you think you may need a medication change

Medicine for Moderate to Severe Flare:

Prednisone is sometimes used for more severe flares, although this medicine can have side effects, including making psoriasis flare up as the prednisone is decreased. We can discuss whether prednisone might be helpful for you and can develop a plan for starting and gradually decreasing the dose.

Rheumatologist _____ Phone Number _____

Dermatologist _____ Phone Number _____

Prednisone is generally not helpful for axial spondyloarthritis/AS.

***Sometimes we may need to change your therapy - this typically requires a visit.