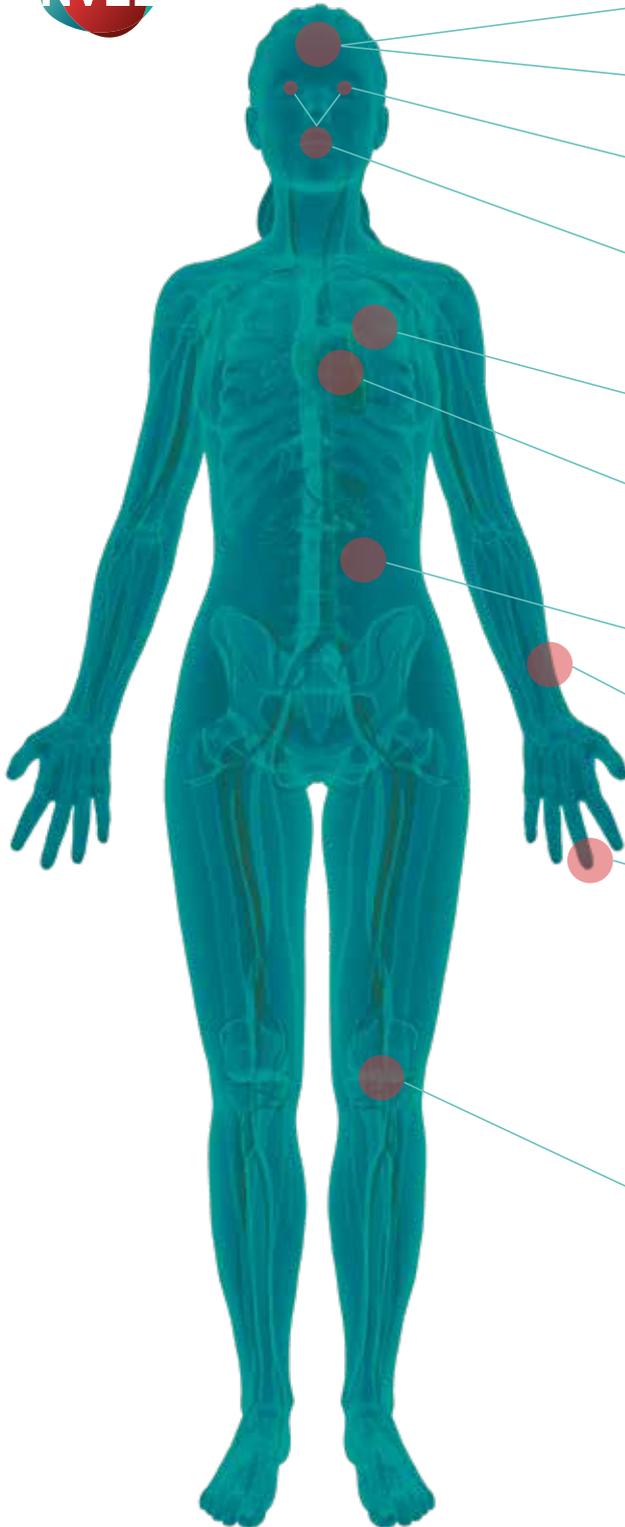


MCTD consultation card



neurological signs

1 2 3 4 5 6 7 8 9 10

psychic disorders

1 2 3 4 5 6 7 8 9 10

dry mouth/dry eyes

1 2 3 4 5 6 7 8 9 10

problems swallowing

1 2 3 4 5 6 7 8 9 10

lung problems

1 2 3 4 5 6 7 8 9 10

cardiovascular problems

1 2 3 4 5 6 7 8 9 10

intestinal problems

1 2 3 4 5 6 7 8 9 10

skin problems

1 2 3 4 5 6 7 8 9 10

Raynaud syndrome

1 2 3 4 5 6 7 8 9 10

pain

1 2 3 4 5 6 7 8 9 10

fatigue

1 2 3 4 5 6 7 8 9 10

joint problems

1 2 3 4 5 6 7 8 9 10



side effects of medication

1 2 3 4 5 6 7 8 9 10

other symptoms

1 2 3 4 5 6 7 8 9 10

Source: Huber M, van den Brekel-Dijkstra K, Jung HP. Positive Health in the consulting room. Handbook of Positive Health in Primary Care: The Dutch Example. Houten: Bohn Stafleu van Loghum; 2021. p. 73-116.Huber2021

Indicate on a scale of 1 to 10 how much this troubles you.
1 indicates no trouble at all, and 10 indicates that it troubles you a great deal.

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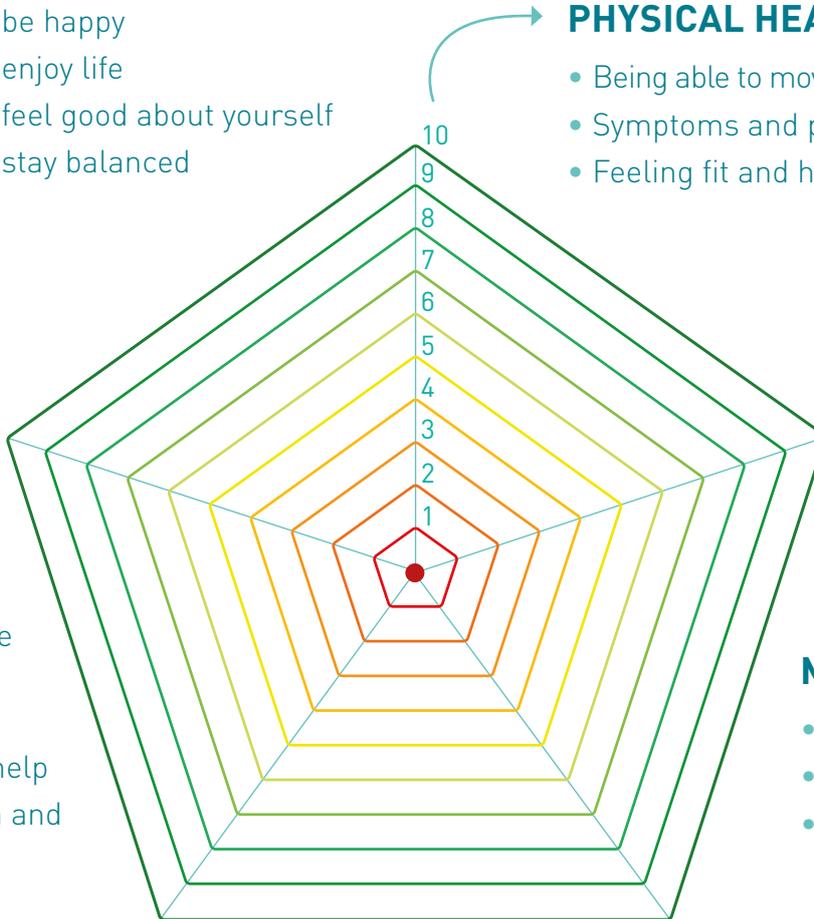


QUALITY OF LIFE

- Being able to be happy
- Being able to enjoy life
- Being able to feel good about yourself
- Being able to stay balanced

PHYSICAL HEALTH

- Being able to move and sustain movement
- Symptoms and pain
- Feeling fit and healthy
- Sleeping well
- Nutrition/eating



DAILY LIFE

- Being able to take care of yourself
- Resources and aids
- Being able to ask for help
- Knowing what you can and cannot do
- Knowing how to live a healthy life

MEANINGFUL LIFE

- Disease acceptance
- Meaningful life
- Trust in the future

MENTAL HEALTH

- Being able to concentrate on something
- Being able to remember things
- Talking to people and understanding them
- Being able to make your own decisions
- Being able to feel satisfied with yourself
- Being able to cope with change, such as to your appearance
- Being able to be cheerful

First, fill out the questionnaire about how you are doing. You can download the questionnaire via this QR code.

