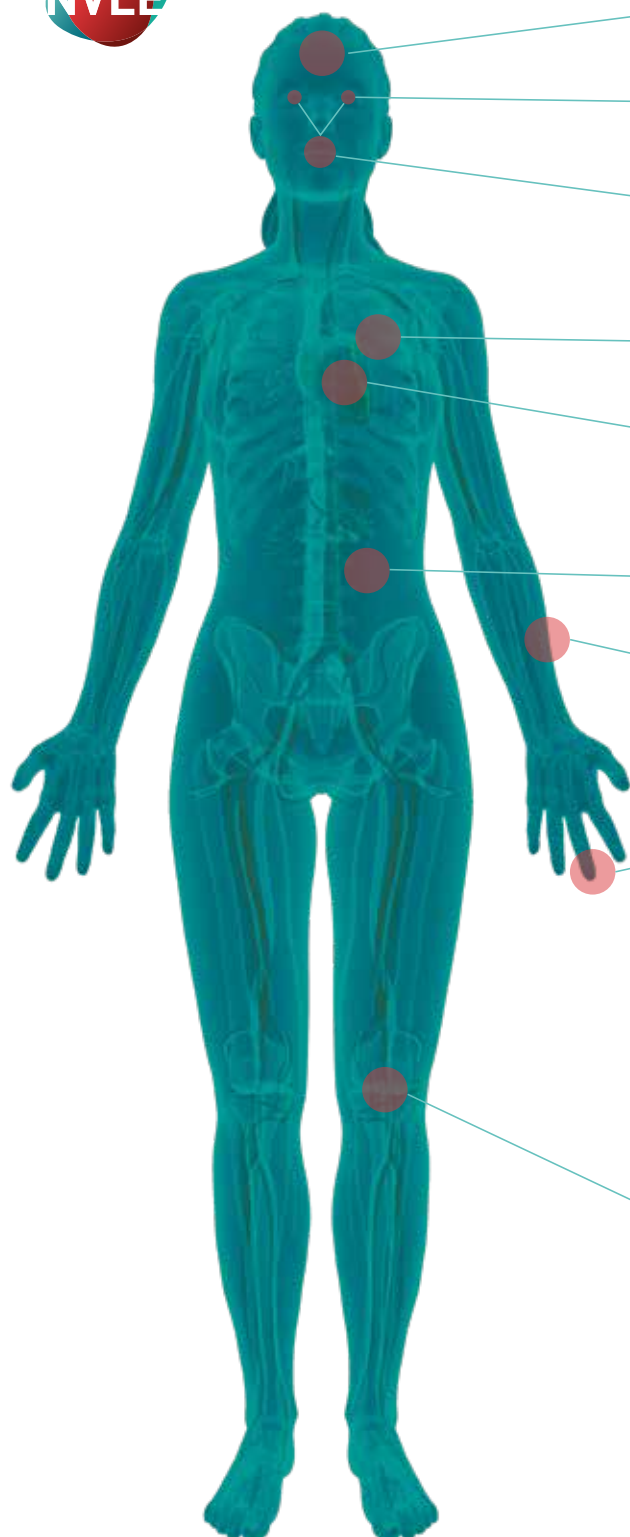


Scleroderma consultation card



psychological problems
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

mobility problems/stiffness
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. 89-132. 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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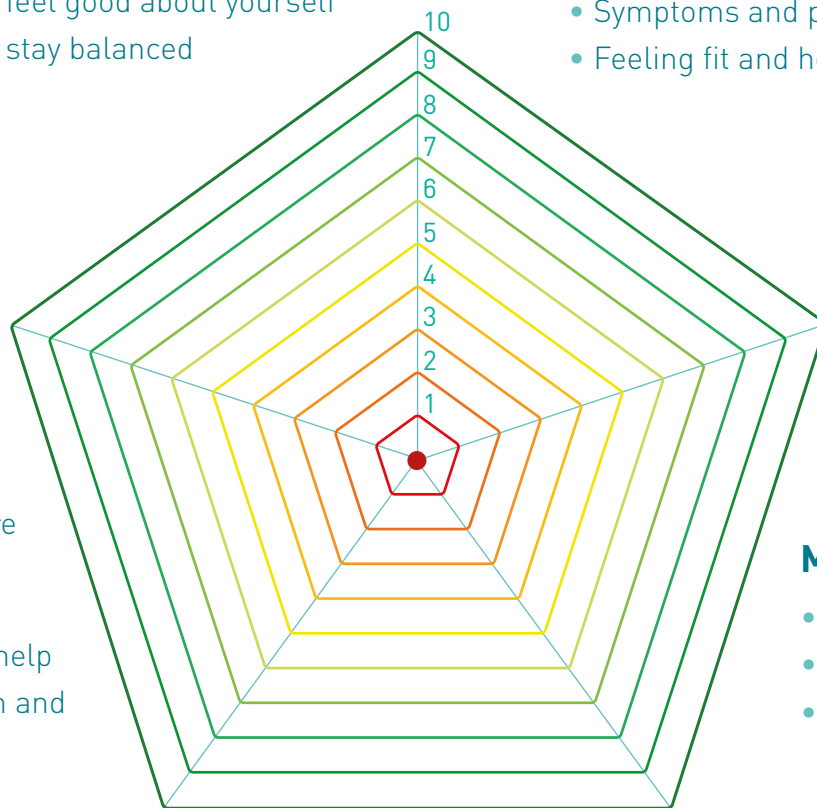
National association for people with
lupus, APS, scleroderma and MCTD

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.



MY POSITIVE HEALTH

Rate your online health from 0 to 10 for each domain.

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