



ARTHRITIS ASSESSMENT

DIAGNOSIS/DATE OF ONSET										Patient Identification		
RA:	AS:	OTHER			Source	Request Date					7 = Independent 4 = Limited 2 = Dependent 0 = Not Able	
OSTEO:	JRA:											
ARA CLASSES												
I	II	III	IV									
Date:												
Initial:												
DAILY LIVING SKILLS	Feeding Skills											
	Dress Upper Body											
	Dress Lower Body											
	Grooming											
	Care of Perineum											
	Wash or Bathe											
	Vocational Activities											
	Subtotal:										/44	/44
MOBILITY	Supine to Sitting											
	Sitting to Standing											
	Transfer, Toilet											
	Transfer, Tub											
	Transfer, Automobile											
	Walk on Level/50 Yards											
	Walk Outdoors											
	Up & Down Stairs/5											
	Wheelchair/10 Yards											
Subtotal:										/56	/56	
Total:										/100	/100	

CRITERIA FOR ARTHRITIS ASSESSMENT

ARA CLASSES

- I Performs all usual activities without handicaps.
- II Performs adequately for normal activities despite discomfort occasionally in one or more joints.
- III Limited to little or no activities or usual occupation or self-care.
- IV Largely or wholly incapacitated. Bedridden or confined to wheelchair. Little or no self care.

GENERAL GUIDELINES

- (7) Activity completed under ordinary circumstances, without modification and within appropriate time.
- (4) Activity completed with prior preparation or under special or modified circumstances or with assistive devices or aids or within a reasonable time.
- (2) Activity completed only with partial help or assistance.
- (0) Patient is unable to assist, is totally dependent, or the activity is not performed?

Score according to patient's performance during past 7 days.

DAILY LIVING SKILLS

FEEDING

- (7) Are you able to feed yourself from a tray or table using ordinary utensils? Can you cut meat? Can you pour liquids and open containers?
- (4) If you use a spork or rocker knife or other helpful aid are you able to feed yourself in a reasonable length of time?
- (2) Are you able to feed yourself with some help from another person, for example, to help you raise a cup to your mouth or to cut meat?
- (0) Do you depend on another person to feed you?

DRESS UPPER BODY

- (7) Are you able to get clothes out of your closets and drawers and put them on and remove them from your upper body by yourself, including bra, slip, pull-overs, and front opening shirts and blouses, as well as managing zippers, buttons, and snaps?
- (4) If someone lays your clothes out for you or hands them to you, are you able to dress your upper body by yourself even if it takes a little more time, or you need some help with closures, such as buttons, zippers, snaps, or hooks? Do you use aids such as reachers, dressing hooks, button hooks, or zipper pulls?
- (2) Does someone help you put on your blouse or shirt or sweater because you are limited by pain, lack of strength, or limited range of motion?
- (0) Do you depend on another person to dress your upper body?

DRESS LOWER BODY

- (7) Are you able to put on undergarments, slacks, socks, nylons, and shoes by yourself? Can you tie shoelaces?
- (4) Are you able to put on undergarments, slacks, socks, nylons, and shoes by yourself if they are laid out for you or handed to you? Do you use dressing aids such as long handled reachers? Do you avoid shoes that have laces or buckles, or do you use elastic laces or velcro shoe closures by yourself?
- (2) Does someone help you to put on undergarments, slacks, nylons, or shoes?
- (0) Do you depend on another person to dress your lower body?

GROOMING

- (7) Are you able to comb and brush and shampoo your hair, shave, apply makeup, clean your teeth or dentures, and manage nail care by yourself without adaptations or modifications?
- (4) Do you use assistive devices or adapted methods for grooming: If some-one places what you need within reach, are you then able to complete grooming activities unaided? Do you use long handled combs or brushes, suction brushes for cleaning nails or dentures, adapted shaving equipment or adapted key for rolling toothpaste tubes?
- (2) Does someone actually help you shampoo or brush your hair, shave, apply makeup, clean your teeth or dentures, or manicure your nails?
- (0) Do you depend on someone else entirely for your grooming needs?

CARE OF PERINEUM/CLOTHING AT TOILET

- (7) Are you able to go to the bathroom by yourself including managing your clothes, wiping yourself (and placing sanitary napkins or tampons)?
- (4) Are you able to manage your clothing at the toilet and wipe yourself independently although it may be difficult, or you use aids such as an extended reacher for wiping yourself or clothing aids?
- (2) Does someone help you with your clothing at the toilet or assist you with wiping yourself (or in placement of sanitary napkins or tampons)?
- (0) Do you depend on someone else to manage your clothes at the toilet for you or to wipe you (or to place sanitary napkins or tampons)?

WASH OR BATHE

- (7) Are you able to wash and dry your entire body by yourself, including your back and feet? Are you able to turn water faucets?
- (4) Do you use bathing aids such as long handled bath brushes or sponges? Are you unable to reach some parts of your body for bathing or drying thoroughly but can still manage without help?
- (2) Are you able to bathe and dry most parts of your body and have some-one help you with the rest?
- (0) Does someone else bathe you?

VOCATIONAL

- (2) Are you employed full-time in your usual occupation? Are you a full-time homemaker and require no assistance? Are you retired for other than medical reasons?
- (0) Not able to do the above.

MOBILITY

SUPINE TO SIT

- (7) When you are lying on your back can you sit up without using your arms or without rolling to the side? Can you do this smoothly and easily?
- (4) Do you use your arms to help you sit up or do you roll to the side before sitting up? Do you have to try several times before sitting up?
- (2) Does someone help you to sit up?
- (0) Are you unable to sit up?

SITTING TO STANDING

- (7) Are you able to stand up from a regular chair without using your arms?
- (4) Do you need to use your arms to help you stand up or do you need to try several times?
- (2) Does someone need to help you stand up out of a chair?
- (0) Do you depend on someone else entirely to get you out of a chair?

TRANSFER - TOILET

- (7) Are you able to get on and off the toilet easily and without using your hands?
- (4) Do you need to use your arms to help you get on and off the toilet or do you require assistive devices such as elevated toilet seats or grab bars?
- (2) Does someone need to help you get on and off the toilet?
- (0) Are you unable to use the toilet?

TRANSFER - TUB OR SHOWER

- (7) Are you able to get in and out of a tub or shower safely?
- (4) Can you get in and out of a tub or shower using aids such as grab bars or special seat or lift?
- (2) Does someone need to help you to get in and out of the tub or shower?
- (0) Are you unable to get in and out of the tub or shower?

TRANSFER - AUTO

- (7) Can you get in and out of a car easily, including opening and closing the door?
- (4) Can you get in and out of a car by yourself if you use aids such as grab bars or if someone opens the door for you?
- (2) Does someone help you get in and out of a car?
- (0) Are you unable to get in and out of a car even with assistance?

WALK ON LEVEL

- (7) Are you able to walk two blocks at an even pace without using a cane, crutches, walker or adapted shoes?
- (4) Do you need a cane, crutches or walker to walk two blocks?
- (2) Can you walk one block with assistance?
- (0) Are you unable to walk one block even with assistance?

WALK OUTDOORS

- (7) Are you able to walk outdoors at least two blocks without avoiding rough terrain such as grass, sand, gravel, curbs, ramps or hills?
- (4) Do you try to avoid uneven terrain? Do you use a crutch or cane for safety or balance purposes only when outside?
- (2) Must you use a cane or crutches to walk at least two blocks on uneven terrain?
- (0) Are you unable to walk on uneven terrain?

UP AND DOWN STAIRS

- (7) Can you go up and down at least five steps safely, step over step without using the hand rail or other support?
- (4) Are you able to go up and down at least five steps if you use a hand rail, cane, crutches or if you go one step at a time?
- (2) Do you need someone to help you go up and down at least five steps?
- (0) Are you unable to go up and down at least five steps even with help?

WHEELCHAIR/10 YARDS

- (7) Are you able to push your wheelchair without help for 10 yards? Can you turn corners, and get close to bed, table, and toilet?
- (4) Do you use a motorized wheelchair?
- (2) Do you need someone to help you maneuver your wheelchair around corners or to help you position it?
- (0) Are you unable to push your wheelchair 10 yards?