

# Psoriatic Arthritis (PsA) Symptom & Flare Checklist

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Use this checklist to track symptoms, possible triggers, medications, and when to contact your rheumatologist.

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## ✓ Symptoms (check all that apply)

- Joint pain (hands, wrists, knees, ankles, feet, other)
  - Swelling in one or more joints
  - Morning stiffness (lasting 30+ minutes)
  - Warmth and redness around a joint
  - Extreme tenderness (pain with touch or movement)
  - Fatigue or feeling unwell
  - Back or buttock pain that improves with movement (possible inflammatory back pain)
  - "Sausage" finger/toe swelling (dactylitis)
  - Heel pain / Achilles pain / plantar fascia pain (enthesitis)
  - Nail changes (pitting, ridging, lifting from nail bed)
  - Skin psoriasis flare (new or worsening plaques)
  - Eye symptoms (red, painful eye, light sensitivity, blurred vision)
  - Fever (or high fever) with a hot swollen joint
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## ✓ Possible Triggers (past 24–72 hours)

- Missed doses of PsA medication
  - Recent infection (cold, flu, skin infection, dental infection)
  - High stress / poor sleep
  - Recent injury, overuse, or heavy activity
  - Weather change (some people notice sensitivity)
  - New medication or dose change
  - Alcohol intake
  - Smoking / vaping exposure
  - Other: \_\_\_\_\_
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# ✓ Current Medications

Medications taken for symptoms (today/this flare):

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Dose and time taken:

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Long-term PsA medication(s) (if any):

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Last dose taken (date/time):

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## When to Call Your Rheumatologist (or seek urgent care)

- Severe pain/swelling not improving after 24–48 hours with your plan
  - Hot, very swollen joint with high fever (>101°F / 38.3°C)
  - Rapidly spreading redness/warmth (concern for infection)
  - Unable to bear weight or move the joint at all
  - New or worsening back pain with significant stiffness
  - Eye symptoms (red/painful eye, light sensitivity, vision changes)
  - New numbness/weakness or severe nerve-like pain
  - Flares becoming more frequent or involving more joints
  - Side effects from medications (rash, shortness of breath, severe GI symptoms)
  - Questions about medication safety, pregnancy planning, or infections/vaccines
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## Contact Information

**Rheumatology Care Associates**

- **Phone:** [Call \(352\) 717-0603](tel:3527170603)
  - **Contact / Request Appointment:** [Contact Us](#)
  - **Address:** [2611 S US Hwy 27, Clermont, FL 34711](#)
  - **Website:** [rheumatologycareassociates.com](http://rheumatologycareassociates.com)
  - **Book Appointment:** [Schedule Online](#)
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## Quick Action Plan

## During a symptom flare:

1. Take your prescribed symptom-relief medication as directed (only what your clinician has approved)
2. Rest the inflamed joint(s) and avoid high-impact activity
3. Use ice or heat based on what helps you (often ice for swelling, gentle heat for stiffness)
4. Stay well-hydrated and prioritize sleep
5. Note any skin/nail flare, heel pain, or dactylitis (sausage digits)
6. [Contact your rheumatologist](#) if symptoms worsen or red-flag items are present

## Prevention tips:

- Take long-term PsA medication consistently as prescribed (don't stop suddenly unless told)
  - Keep a simple flare log (date, joints involved, morning stiffness duration, triggers)
  - Maintain a healthy weight and steady activity (low-impact strength + mobility)
  - Reduce smoking exposure and moderate alcohol
  - Keep regular follow-ups and discuss skin/nail symptoms too
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## Need Help?

### Emergency / urgent concerns:

- **Call now:** [\(352\) 717-0603](tel:3527170603)
  - **Request appointment:** [Contact Form](#)
  - **Visit website:** [rheumatologycareassociates.com](http://rheumatologycareassociates.com)
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**Learn more about Psoriatic Arthritis:** [Visit our PsA Guide](#)

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## How to Use This Checklist

1. **Print this checklist** or keep it on your phone
2. **During a flare**, check symptoms and possible triggers
3. **Record medications** and timing (helpful for safe adjustments)
4. **Bring to appointments** so your rheumatologist can track patterns and treatment response

5. **Call immediately** if you have fever with a hot swollen joint, eye symptoms, rapidly spreading redness, or severe worsening pain