

Rheumatoid Arthritis (RA) Symptom & Flare Checklist

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

✓ Symptoms (check all that apply)

- Joint pain (hands, wrists, feet, ankles, knees, elbows, shoulders, other)
 - Swelling in one or more joints
 - Morning stiffness (lasting 30+ minutes)
 - Warmth around a joint
 - Tenderness with touch or movement
 - Same joints affected on both sides of the body
 - Trouble making a fist, gripping, buttoning, or opening jars
 - Fatigue or unusual tiredness
 - Low-grade fever
 - Loss of appetite
 - Joint symptoms spreading to new areas
 - Neck pain
 - Dry eyes or eye irritation
 - Red, painful eye / light sensitivity / blurred vision
 - Shortness of breath or persistent cough
 - Chest pain
 - Firm lumps under the skin (possible nodules)
 - Other: _____
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✓ Possible Triggers (past 24–72 hours)

- Missed doses of RA medication
- Recent infection (cold, flu, skin infection, dental infection)
- High stress / poor sleep
- Overuse / heavy activity
- Recent steroid dose reduction

- New medication or dose change
 - Smoking / vaping exposure
 - Other: _____
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✓ Current Medications

Medications taken for symptoms (today/this flare):

Dose and time taken:

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

Last dose taken (date/time):

When to Call Your Rheumatologist (or seek urgent care)

- Severe joint swelling or pain not improving after 24–48 hours with your plan
 - Hot, very swollen joint with fever
 - Unable to bear weight or move the joint normally
 - New or worsening shortness of breath, cough, or chest pain
 - New or worsening eye symptoms (red/painful eye, light sensitivity, vision changes)
 - Rapid spread to new joints or major loss of function
 - Side effects from medications (rash, shortness of breath, severe GI symptoms)
 - Symptoms becoming more frequent, lasting longer, or disrupting daily life significantly
 - Questions about medication safety, pregnancy planning, infections, or 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

Book Appointment: [Schedule Online](#)

Quick Action Plan

During a symptom flare:

1. Take your prescribed symptom-relief medication exactly as directed by your clinician.
2. Rest inflamed joints briefly, but avoid complete inactivity for too long.
3. Use ice or heat based on what helps you most.
4. Note which joints are involved and whether the same joints are affected on both sides.
5. Track morning stiffness duration and any new fatigue, fever, cough, or eye symptoms.
6. Avoid heavy gripping, repetitive strain, or high-impact activity during a flare.
7. Contact your rheumatologist if symptoms worsen or red-flag items are present.

Prevention tips:

- Take long-term RA medication consistently as prescribed.
- Keep a simple flare log (date, joints involved, stiffness duration, fatigue, possible triggers).
- Reduce smoking exposure and prioritize good sleep.
- Pace activity and use joint-protection strategies for hands and wrists.
- Keep regular follow-ups and discuss any new lung, chest, or eye symptoms early.
- Review infection precautions and medication side effects with your clinician.

Need Help?

Emergency / urgent concerns:

[Call now: \(352\) 717-0603](tel:(352)717-0603)

Request appointment:

[Contact Form](#)

Visit website:

rheumatologycareassociates.com

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For educational purposes only. This does not replace professional medical advice. Always consult your healthcare provider for diagnosis and treatment.

Learn more about Rheumatoid Arthritis: [Visit our RA Guide](#)

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 to help track response and flare patterns.
4. Bring it to appointments so your rheumatologist can monitor disease activity over time.
5. Call immediately for fever with a hot swollen joint, eye symptoms, chest pain, breathing issues, or sudden major loss of joint function.