Patient Counselling for Rheumatoid Arthritis

Experiment 13 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To counsel a fictional person with rheumatoid arthritis.

Principle

Disease-modifying treatment aims to control inflammation and limit joint damage; symptom relief alone has a different role.

Key Points

- Review the exact DMARD plan and required blood monitoring.
- For inflammatory-disease methotrexate, verify the once-weekly day and prescribed folic-acid plan.
- Report infection symptoms or concerning adverse effects to the care team.

Practice Scenario

Fictional role-play case: A fictional adult confuses the weekly methotrexate dose with daily medicines.

Activity Procedure

1. Assess

Ask about understanding, actual medicine instructions, adherence and concerns.

2. Explain

Explain the medicine purpose and practical self-care in plain language.

3. Demonstrate

Demonstrate a relevant device or reminder method when applicable.

4. Plan

Use teach-back of the weekly day and tablet count; any daily-use error needs urgent clinical advice.

5. Teach back

Ask the partner to repeat the plan and record follow-up needs.

Record and Observations

Topic	Counselling record
Medicine / adherence concern	_____
Key explanation	_____
Teach-back	_____
Referral / follow-up	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the supplied case and medicine labels; do not issue a prescription.

Viva Questions and Answers

1. Why ask about actual use?

Prescribed directions and the way a person uses treatment may differ.

2. Why use teach-back?

It checks practical understanding.

3. Can a student change the regimen?

No; treatment changes require the authorised clinician's plan.

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