



ΜΕΤΡΟΛΟΓΙΑ

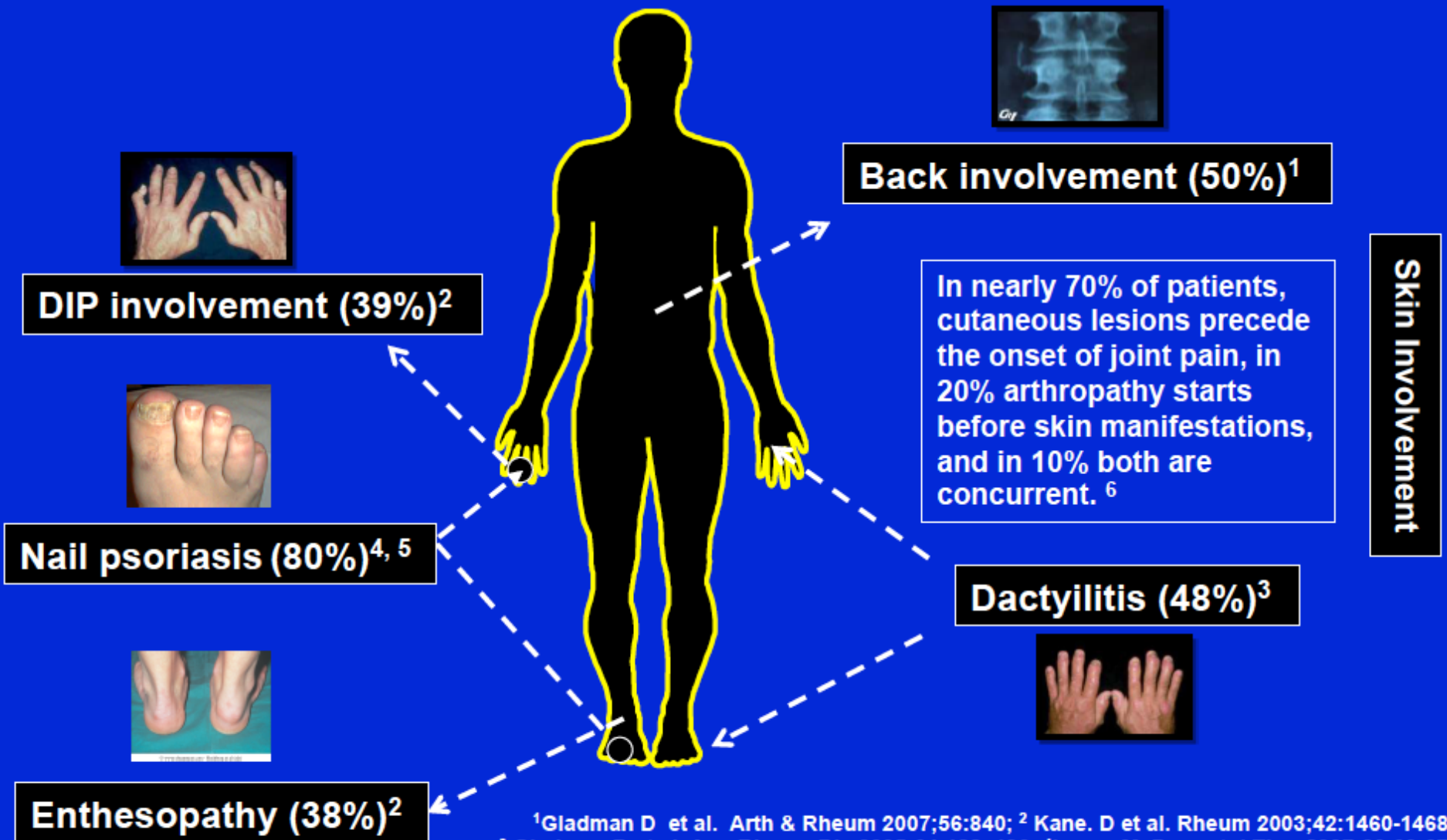
Ψωριασική αρθρίτιδα

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Τεκμηριωμένη αντιμετώπιση των μυοσκελετικών παθήσεων, των συννοσηροτήτων και των επιπτώσεων στην ποιότητα ζωής των ασθενών
ΕΠΕΜΥ, Καλαμάτα 2015

Psoriatic arthritis

Main Features and Their Frequency

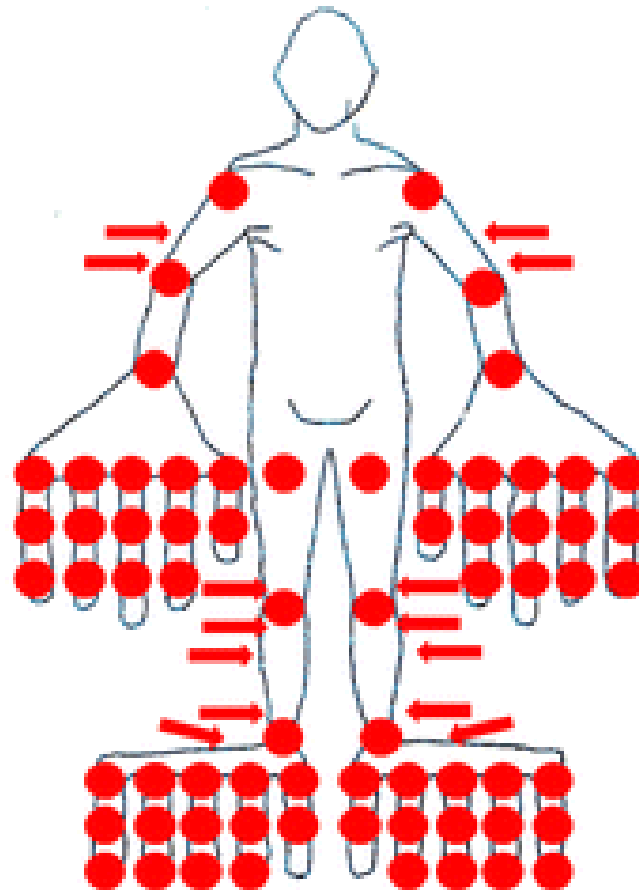


¹Gladman D et al. Arth & Rheum 2007;56:840; ² Kane. D et al. Rheum 2003;42:1460-1468
³ Gladman D et al. Ann Rheum Dis 2005;64:188-190; ⁴Lawry M. Dermatol Ther 2007;20:60-67
⁵Jiaravuthisan MM et al. JAAD 2007;57:1-27; ⁶Yamamoto Eur J Dermatol 2011;21:660-6

DIP: Distal interphalangeal

Εκτίμηση αρθρίτιδας

68-joint score



Εκτίμηση αρθρώσεων

American College of Rheumatology 20 (ACR 20)

20% improvement in TJC and SJC and three of the following:

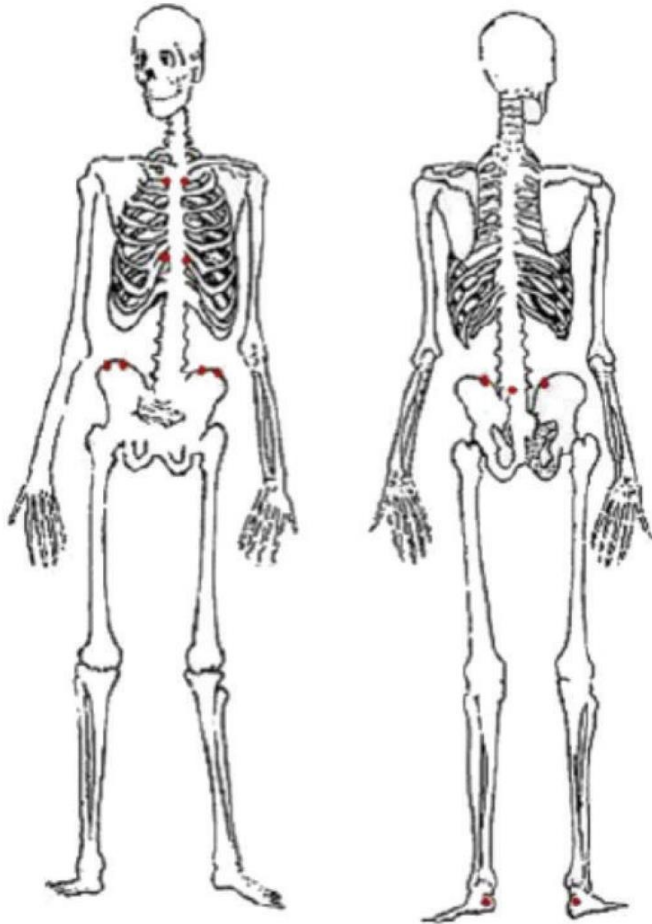
- Patient global assessment (10cm VAS)
- Pain assessment (10cm VAS)
- Disability (Health Assessment Questionnaire)
- Physician global assessment (10 cm VAS)
- Acute phase reactant (ESR or CRP)

Psoriatic Arthritis Responder Criteria (PsARC)

Improvement in at least two of the four measures one of which must be joint pain/tenderness or swelling, with no worsening in any of the four measures:

- Patient self assessment
(improvement/worsening=decrease/increase by 1 category on a 5-point scale)
- Physician self assessment
(improvement/worsening=decrease/increase by 1 category on a 5-point scale)
- Joint pain/tenderness score
(improvement/worsening=decrease/increase by 30%, 68 joints each rated on a 4-point scale and summed)
- Swollen joint score
(improvement/worsening=decrease/increase by 30%, 66 joints each rated on a 4-point scale and summed)

Maastricht Ankylosing Spondylitis Entheses Score (MASES) Enthesitis Index

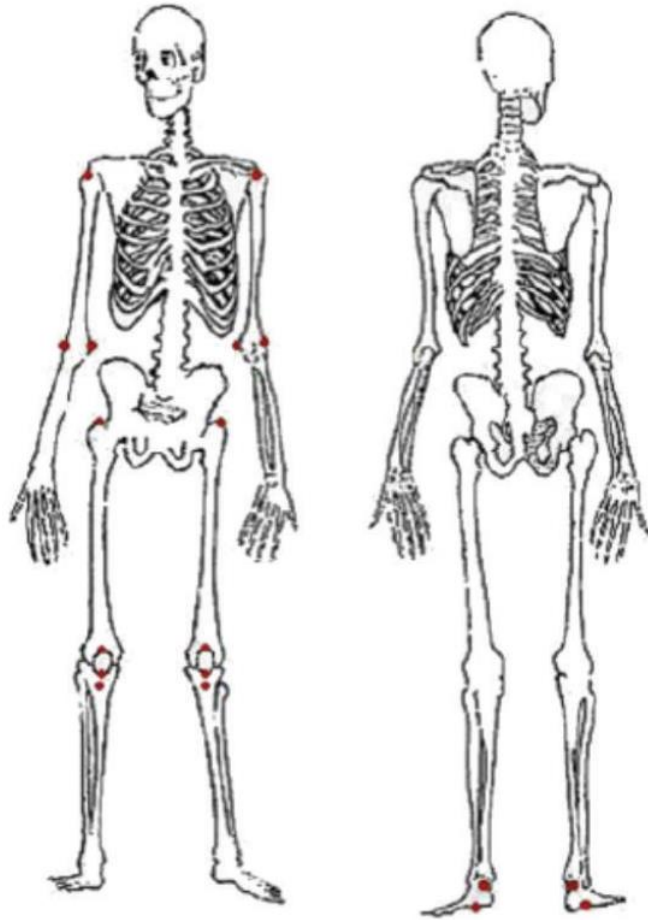


Score Range 0-13

- 1η στερνοπλευρική (2)
- 7η στερνοπλευρική (2)
- Λαγόνια ακρολοφία (2)
- Αχίλλειος τένοντας (2)
- Ακανθώδης απόφυση 05 (1)
- Πρόσθια άνω λαγόνιος άκανθα (2)
- Οπίσθια κάτω λαγόνιος άκανθα (2)

MASES

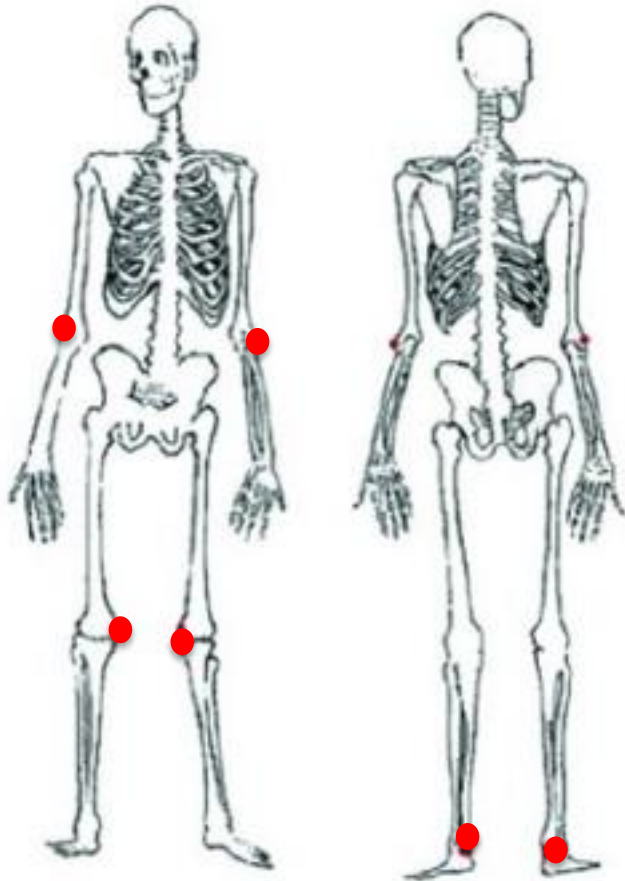
The Spondyloarthritis Research Consortium of Canada (SPARCC) Enthesitis Index



Score Range 0-16

- Μείζων τροχαντήρας μηριαίου (2)
- Έσω επικόνδυλος (2)
- Έξω επικόνδυλος (2)
- Μείζων τροχαντήρας (2)
- Κατάφυση τετρακεφάλου (2)
- Κάτω πέρασ επιγονατίδας(ΔΕ, ΑΡ) (2)
- Κνημιαίος κόνδυλος (ΔΕ, ΑΡ) (2)
- Αχίλλειος τένοντας (2)
- Πελματιαία απονευρωσίτιδα (2)

Leeds Enthesitis Index



LEI

Score Range 0-6

- Παρατροχίλιος απόφυση (2)
- Έσω μηριαίος κόνδυλος (2)
- Αχίλλειος τένοντας (2)

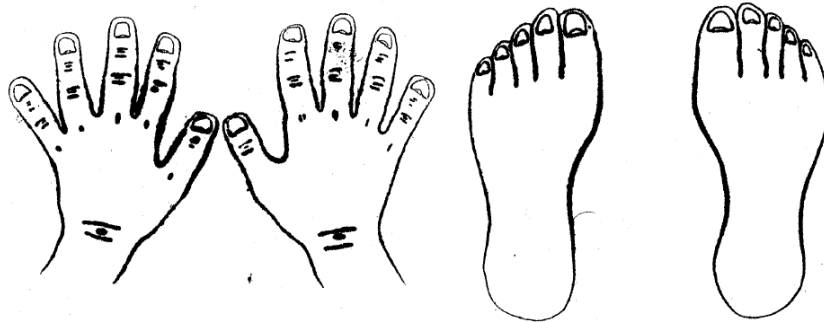
DACTYLITIS SCORE SHEET

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Addressograph Label

Date:

Please indicate dactylitic joints



Dactylitis

Leeds Dactylometer



Finger / Toe	Circumference Involved Digit (A)	Contralateral Digit (or Tables) (B)	Tenderness Score (C)	Final Score: $\frac{A}{B} \times 100 \times C$
TOTAL	0	0	0	0



Standard reference: Table - hands

Digit	Men	Women
Thumb	70	58
Index	63	54
Middle	63	54
Ring	59	50
Little	52	44













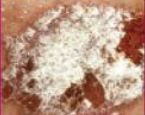



Table - feet

Digit	Men	Women
Great toe	82	72
Second	52	46
Middle	50	44
Fourth	50	44
Little	52	45

Tenderness score: response to squeeze
 0 no tenderness
 1 tender
 2 tender and wince
 3 tender and withdraw

Psoriasis Area and Severity Index (PASI)

Extent score	Grade
0	None
1	1% to 9%
2	10% to 29%
3	30% to 49%
4	50% to 69%
5	70% to 89%
6	90% to 100%

Severity Score	Erythema	Scaling	Induration
0 – None	No redness	No scaling	No elevation
1 – Mild	Light red	Predominantly fine scaling covering part of the lesion	Slight, but definite elevation; typically edges indistinct or sloped
	 	 	
2 – Moderate	Red, but not dark red	Fine to rough scaling covering a large part of the lesion	Moderate elevation with rough or sloped edges
	 	 	
3 – Severe	Dark red	Rough, thick scaling covering a large part of the lesion	Marked elevation; typically with hard or sharp edges
	 	 	
4 – Very severe	Very dark red (changing to purple)	Very rough, very thick scaling totally covering the lesion	Very marked elevation; typically with hard, sharp edges
	 	 	

Extent			Severity							
Area	Extent score (0-6)	Total extent	Erythema (0-4)	+	Scaling (0-4)	+	Induration (0-4)	=	Total severity	Total extent x total severity
Head & Neck	<input type="text"/>	x 0.1	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="text"/>
Arms	<input type="text"/>	x 0.2	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="text"/>
Trunk	<input type="text"/>	x 0.3	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="text"/>
Legs	<input type="text"/>	x 0.4	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>	<input type="text"/>
PASI = extent x severity										<input type="text"/>

Ψωριασική ονυχία

Nails should be assessed for any sign of disease. Typical indicators include:

- **Pitting (shown on right)**
- **Beau's lines**
- **Oncholysis**
- **Subungual hyperkeratosis.**



NaPSI

Nail Psoriasis Severity Index

- Το πρώτο εργαλείο αξιολόγησης της Ψ.Ο
- Αξιολογεί 8 κλινικά σημεία Ψ.Ο
- 2 περιοχές: ΜΗΤΡΑ & ΚΟΙΤΗ

Ψωρίαση Μήτρας

- Βοθρία
- Ευθραυστότητα ονυχαίας πλάκας
- Λευκονυχία
- Ερυθρές κηλίδες μηνίσκου

Ψωρίαση Κοίτης

- Ονυχόλυση
- Σχισμοειδείς
- Σταγόνα Ελαίου
- Υπονύχια Υπερκεράτωση

NaPSI

- Κάθε ένα από τα 4 σημεία προσβολής της **Μήτρας**, αξιολογείται σε κάθε τεταρτημόριο
- Κάθε ένα από τα 4 σημεία προσβολής της **Κοίτης**, αξιολογείται σε κάθε τεταρτημόριο

$0 < \text{Βαθμολογία Μήτρας} < 16$

$0 < \text{Βαθμολογία Κοίτης} < 16$

$\text{NaPSI} = \text{Βαθμολογία Μήτρας} + \text{Κοίτης}$

$0 < \text{NaPSI} < 32$



Κάθε σημείο αξιολογείται σε κάθε τεταρτημόριο

Βαθμολογία:

0 = απών

1 = παρών

Patient Global Assessment of Disease Activity

Global (PGA)

In all the ways in which PSORIASIS and ARTHRITIS affects you, how would you rate the way you felt over the past week?

ExcellentPoor

Joints (PJA)

In all the ways in which ARTHRITIS affects you, how would you rate the way you felt over the past week?

ExcellentPoor

Skin (PSA)

In all the ways in which PSORIASIS affects you, how would you rate the way you felt over the past week?

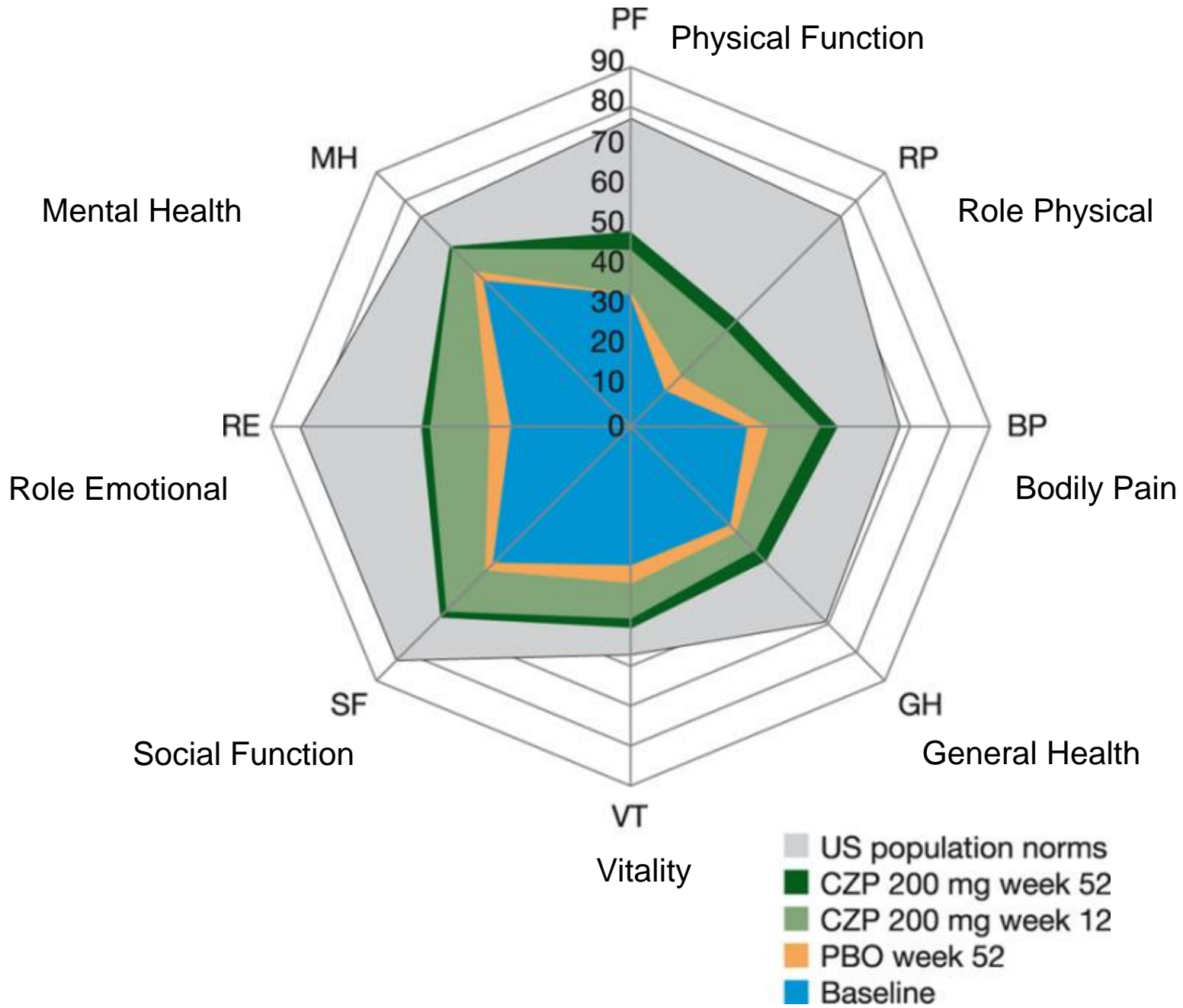
ExcellentPoor

Health Assessment Questionnaire

HAQ

Are you able to:	Degree of difficulty			
	Without any	With some	With much	Unable to do
Dressing and grooming				
1. Dress yourself, including tying shoelaces, and doing buttons?				
2. Shampoo your hair?				
Arising				
3. Stand up straight from an armless straight chair?				
4. Get in and out of bed?				
Eating				
5. Cut your meat?				
6. Lift a full cup or glass to your mouth?				
7. Open a new milk carton?				
Walking				
8. Walk outdoors on flat ground?				
9. Climb up 5 steps?				
Hygiene				
10. Wash and dry your entire body?				
11. Take a tub bath?				
12. Get on and off the toilet?				
Reaching				
13. Reach and get down a 5-pound object from just above your head?				
14. Bend down to pick up clothing from the floor?				
Gripping				
15. Open car door?				
16. Open jars which have been previously opened?				
17. Turn faucets on and off?				
Other activities				
18. Run errands and shop?				
19. Get in and out of a car?				
20. Do chores such as vacuuming or yardwork?				

SF-36 scores



Αρθρίτιδα	ACR response criteria	PsA Response criteria	Disease activity Score (DAS, DAS44, DAS29)	
Ακτινολογικά	Modified van der Heijde/Sharp			
Δέρμα	Psoriasis area and severity index (PASI)	Target lesion score	Physician global assessment of psoriasis (PGA)	
Ποιότητα ζωής/Λειτουργικότητα	Short form 36 health survey (SF-36)	Health assessment questionnaire disability index (HAQ)	Dermatology life quality index (DLQI)	Functional assessment of chronic illness therapy (FACIT)
Ενθεσίτιδα	Leeds	SPARCC	MASES	
Δακτυλίτιδα	Simple count	Leeds dactylitis instrument		
Αξονική προσβολή	ASAS measures			

Composite Disease Activity Indices

Σύνθετοι Δείκτες Ενεργότητας της νόσου
(μερικοί συμπεριλαμβάνουν και το δέρμα)

- DAPSA (Disease Activity for Psoriatic Arthritis)
- CPDAI (Composite Psoriatic Disease Activity Index)
- PASDAS (Psoriatic Arthritis Disease Activity Score)

- MDA (Minimal Disease Activity)

Minimal Disease Activity (MDA)

A patient is in Minimal Disease Activity (MDA) when 5/7 criteria are met

Κριτήριο	Όρια
Pain by VAS, 0-100	<15
Global disease by VAS, 0-100	<20
HAQ, 0-3	<0.5
Tender joint count	<1
Swollen joint count	<1
PASI, 0-72 Or BSA, 0-100%	<1 <3
Enthesitis	<1

VAS: Visual Analog Scale, HAQ: Health Assessment Questionnaire, PASI: Psoriasis Area and Severity Index, BSA: Body Surface Area

