Medication Record

Weight (kg): _____ Height (cm): _____ BSA in square meters (m2): _____

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Glucocorticoids ☐							
Oral Glucocorticoids ◯Prednisone ◯Methylprednisolone ◯Prednisolone ◯Other_____	◯Current ◯Ever ◯Never ◯Unknown	____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Intravenous methylprednisolone Date last administered: _ _/_ _/_ _	◯Current ◯Ever ◯Never ◯Unknown	___mg/infusion Or ___mg/kg/infusion	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Topical agents ☐							
Topical Steroids	◯Current ◯Ever ◯Never ◯Unknown	NA	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Topical agents							
Topical tacrolimus (Protopic) or pimecrolimus	◯Current ◯Ever ◯Never ◯Unknown	NA	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Topical ruxolitinib (OPZELURA)	◯Current ◯Ever ◯Never ◯Unknown	NA	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Non-biologic Disease Modifying Antirheumatic Drugs (DMARDS) ☐							
Azathioprine (Imuran)	◯Current ◯Ever ◯Never ◯Unknown	____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Non-biologic Disease Modifying Antirheumatic Drugs (DMARDS)							
Cyclophosphamide (Cytoxan) IV	◯Current ◯Ever ◯Never ◯Unknown	_____mg/infusion Dose per BSA: ____mg/m2/infusion	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Cyclophosphamide (Cytoxan) po	◯Current ◯Ever ◯Never ◯Unknown	____mg/dosage Or ___mg/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Cyclosporin A (Sandimmune or Neoral)	◯Current ◯Ever ◯Never ◯Unknown	____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Non-biologic Disease Modifying Antirheumatic Drugs (DMARDS)							
Hydroxychloroquine (Plaquenil)	◯Current ◯Ever ◯Never ◯Unknown	_____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Leflunomide (ARAVA)	◯Current ◯Ever ◯Never ◯Unknown	_____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Methotrexate Mode of Administration (check all that apply): Oral☐ Subcutaneous☐IM☐ IV☐Unknown☐	◯Current ◯Ever ◯Never ◯Unknown	_____mg/week Or _____mg/kg/week	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Mycophenolate mofetil (MMF)	◯Current ◯Ever ◯Never ◯Unknown	_____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Non-biologic Disease Modifying Antirheumatic Drugs (DMARDS)							
Tacrolimus (FK 506)	◯Current ◯Ever ◯Never ◯Unknown	_____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Abatacept (Orencia) ◯ IV ◯ SC	◯Current ◯Ever ◯Never ◯Unknown	___mg/dosage Or ___mg/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Adalimumab (Humira)	◯Current ◯Ever ◯Never ◯Unknown	____mg/dosage Or ___mg/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Etanercept (Enbrel, Benepali, Erelzi)	◯Current ◯Ever ◯Never ◯Unknown	____mg/week Or ____mg/kg/week	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Biologics or Targeted Disease Modifying Antirheumatic Drugs (DMARDS)							
Immunoglobulin therapy ◯ IV ◯ SC Date last administered: _ _/_ _/_ _	◯Current ◯Ever ◯Never ◯Unknown	___gm/infusion Or ___gm/kg/infusion	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Infliximab (REMICADE)	◯Current ◯Ever ◯Never ◯Unknown	____mg/infusion Or ____mg/kg/infusion	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Janus Kinase (JAK) Inhibitors: ☐Tofacitinib, ☐Baricitinib, ☐Ruxolitinib, ☐Other: _____	◯Current ◯Ever ◯Never ◯Unknown	____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Kineret (Anakinra)	◯Current ◯Ever ◯Never ◯Unknown	____mg/day Or ___mg/kg/day	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Biologics or Targeted Disease Modifying Antirheumatic Drugs (DMARDS)							
Rituximab (anti-CD20) Date last administered: _ _/_ _/_ _	◯Current ◯Ever ◯Never ◯Unknown	____mg/infusion Or Dose per BSA: ____mg/m2/infusion	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Over the counter (OTC) medications ☐							
Vitamin D	◯Current ◯Ever ◯Never ◯Unknown	___IU/dosage Or ___IU/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Probiotics	◯Current ◯Ever ◯Never ◯Unknown	___CFU/dosage Or ___CFU/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Over the counter (OTC) medications							
Herbal or Nutritional Supplements: Specify: _____	◯Current ◯Ever ◯Never ◯Unknown	____mg/dosage Or ___mg/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____ ____	
Other medications ☐							
Other drugs, biologics, topicals, OTC therapies: Specify: _____	◯Current ◯Ever ◯Never ◯Unknown	____mg/dosage Or ___mg/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Other drugs, biologics, topicals, OTC therapies: Specify: _____	◯Current ◯Ever ◯Never ◯Unknown	____mg/dosage Or ___mg/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	

Medications	Administration Status	Current Dose	Current Frequency	Start Date	Stop Date	Reason for Discontinuation	Comments
Other medications							
Other drugs, biologics, topicals, OTC therapies: Specify: _____	◯Current ◯Ever ◯Never ◯Unknown	____mg/dosage Or ___mg/kg/dosage	Daily_☐ Weekly_☐ Monthly_☐ Every Other Day_☐ Every 2 Weeks_☐ 2x Daily_☐ 2x Weekly_☐ 2xMonthly_☐ Other, specify:☐ _____			☐Tapering of Therapy ☐Lack of efficacy ☐Side effects ☐Financial concerns ☐Reproductive health ☐Other_____	
Exercise (defined as any planned physical activity with the goal to improve any aspect of physical or psychological health) Yes ◯ No ◯ Unknown ◯							
Session Type:		**Frequency**					
I- Aerobic Training (increasing heart rate) ☐							
☐Moderate cardio (aerobic): 'increase breathing, able to talk' (definition: 3 times per week, 30 minutes/session)		_____ /weekly					
☐Vigorous cardio (aerobic): 'breathing fast, unable to talk' (definition: 3 times per week, 15-30 minutes/session)		_____ /weekly					
II- Resistance training (working with larger muscle groups against a resistance of gym equipment, free weights or the body weight) ☐							
☐Muscle strength training of 8-12 repetitions per set, resulting in moderate to high muscle exertion		_____ /weekly					
☐Muscle endurance training of >15 repetitions per set, resulting in moderate to high muscle exertion		_____ /weekly					

Exercise (defined as any planned physical activity with the goal to improve any aspect of physical or psychological health)		
Session Type:	**Frequency**	
III- Miscellaneous exercise routines ☐		
☐ Range of motion exercises	_____ /weekly	
☐ Any exercise on lower intensity than described above (for example: cardio twice weekly/yoga/tai chi/stretching)	_____ /weekly	
Physical activity (defined as any activity increasing energy expenditure above resting levels) ☐		
☐ Physical Activity (as part of daily routine, i.e. walking to work, gardening, cleaning)	____ /minutes weekly	