



RAPID3

PATIENT INSTRUCTION GUIDE

Learn how to track your rheumatoid arthritis disease activity using the RAPID3 form

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Included separately:

-  **RAPID3 Form Tear Pad**
-  **RAPID3 Patient Logbook**
-  **RAPID3 Patient Instructional Video Link**

WELCOME!



This instruction guide is designed to help you become more involved with your rheumatoid arthritis (RA) care. It will show you how to use the RAPID3 form to calculate your RAPID3 score. The RAPID3 patient survey turns your answers about how your RA is affecting you into a number score. This guide will also show you how to use this score to follow your RA disease activity over time.

Keeping track of your RAPID3 score as it changes over time and sharing this information with your healthcare team can improve discussions during your office visits, which helps your healthcare provider better manage your RA.

Healthcare providers understand the importance of listening to their patients and value your opinion. In the treat-to-target approach to managing RA, healthcare providers work with their patients who have RA to set goals of remission or lower disease activity. The RAPID3 score, in addition to physical exams, can show your progress toward your treatment goal.

BACKGROUND ON THE RAPID3



What is the RAPID3?

RAPID3 stands for Routine Assessment of Patient Index Data 3. It is a measure of RA disease activity. Your RAPID3 score is made up of your answers to 3 questions. The 3 questions are about your RA symptoms and can be completed in 3 to 5 minutes. The RAPID3 questions were originally part of a larger questionnaire developed by rheumatologists as a way to see changes in your RA symptoms. The RAPID3 form contains only the questions necessary to calculate your RAPID3 score. RAPID3 is one of 6 RA disease activity measures recommended by the American College of Rheumatology.

The RAPID3 form is a questionnaire about how your RA is affecting you. Your answers to the questions on the form are used to calculate your RAPID3 score and disease activity. These 3 questions ask about your physical function (FN), your level of pain (PN), and your overall estimation of how you are feeling (referred to as the patient global estimate [PTGE]). You are to complete these questions on your own, based on how you feel.



How does the RAPID3 measure disease activity?

RAPID3 scores place disease activity into 4 categories that estimate the severity of your disease. They include near remission (R), low severity (LS), moderate severity (MS), and high severity (HS). A chart describing these categories is located at the bottom of the scoring section on your RAPID3 form. One of the most important uses of the RAPID3 score is to determine the severity level of your RA based on your ability to perform certain functions, the level of pain you feel, and how you feel overall. Your disease severity is a useful measure in tracking your treatment progress, and it is important to your healthcare provider in planning your medical care.

BACKGROUND ON THE RAPID3_(cont'd)



How are my RAPID3 scores used?

Your healthcare provider can use your RAPID3 scores to better understand your disease activity level. With RA, a single measure or test to assess your disease severity or treatment progress, such as a blood pressure test for high blood pressure, does not exist. In order for your healthcare provider to assess your RA disease activity level, many things must be considered, such as your physical examination, certain laboratory or diagnostic tests, and other medical conditions you may have in addition to your RA. Your RAPID3 scores provide your healthcare provider with another piece of information that can help him or her understand your disease activity level, which is important in determining the care you will receive.



How do I correctly answer the RAPID3 questions?

There are no wrong answers to these questions. Just answer them as best you can. Don't ask a healthcare provider or loved one to answer these questions for you—this is about your impressions of how you feel.



When should I fill out the questionnaire?

It is recommended that you fill out the questionnaire and enter the RAPID3 score in your patient logbook:

- ☒ On the day of an appointment with your doctor
- ☒ At least once a month

Using the RAPID3 patient logbook to keep track of your scores can be beneficial to both you and your healthcare provider. Every recording of your RAPID3 score and disease severity level—whether it's for an appointment with your doctor or a monthly self-check—may help you and your healthcare provider learn more about changes in your disease over time, which is important in making treatment decisions to help achieve your target of low disease activity level or near remission.

While keeping track of your disease activity level is important, calculating your RAPID3 score on the day of an appointment with your doctor is most important. Bringing your RAPID3 form with your score and current disease activity level will provide your healthcare provider with the most current information about your assessment of your RA disease activity.

Keeping track of your RA disease activity is an individual decision. The important thing is that you are open and honest in sharing information about how you feel to help your healthcare provider do what is best for you. These patient education materials have been designed to help you do that. Your healthcare provider may find your RAPID3 score and logging history useful in managing your RA. Some healthcare providers use tests other than the RAPID3 to assess their patients' disease activity. If this is the case with your healthcare provider, he or she may decide not to use your RAPID3 scores and information. Feel free to continue tracking your RAPID3 scores on your own if you find it helpful in monitoring your disease activity.

ROUTINE ASSESSMENT OF PATIENT INDEX DATA

1. PLEASE CHECK THE ONE BEST ANSWER FOR YOUR ABILITIES AT THIS TIME:				
OVER THE LAST WEEK, WERE YOU ABLE TO:	WITHOUT ANY DIFFICULTY	WITH SOME DIFFICULTY	WITH MUCH DIFFICULTY	UNABLE TO DO
a. Dress yourself, including tying shoelaces and doing buttons?	___ 0	✓ 1	___ 2	___ 3
b. Get in and out of bed?	___ 0	___ 1	✓ 2	___ 3
c. Lift a full cup or glass to your mouth?	✓ 0	___ 1	___ 2	___ 3
d. Walk outdoors on flat ground?	___ 0	✓ 1	___ 2	___ 3
e. Wash and dry your entire body?	___ 0	✓ 1	___ 2	___ 3
f. Bend down to pick up clothing from the floor?	___ 0	___ 1	✓ 2	___ 3
g. Turn regular faucets on and off?	___ 0	✓ 1	___ 2	___ 3
h. Get in and out of a car, bus, train, or airplane?	___ 0	___ 1	✓ 2	___ 3
i. Walk two miles or three kilometers, if you wish?	___ 0	___ 1	✓ 2	___ 3
j. Participate in recreational activities and sports as you would like, if you wish?	___ 0	___ 1	___ 2	✓ 3
k. Get a good night's sleep?	___ 0	___ 1.1	___ 2.2	___ 3.3
l. Deal with feelings of anxiety or being nervous?	___ 0	___ 1.1	___ 2.2	___ 3.3
m. Deal with feelings of depression or feeling blue?	___ 0	___ 1.1	___ 2.2	___ 3.3

1. a-j FN (0-10);

5

1=0.3	16=5.3
2=0.7	17=5.7
3=1.0	18=6.0
4=1.3	19=6.3
5=1.7	20=6.7
6=2.0	21=7.0
7=2.3	22=7.3
8=2.7	23=7.7
9=3.0	24=8.0
10=3.3	25=8.3
11=3.7	26=8.7
12=4.0	27=9.0
13=4.3	28=9.3
14=4.7	29=9.7
15=5.0	30=10.0

2. PN (0-10);

3. PTGE (0-10);

RAPID3 (0-30)

In this example, 15 points divided by 3 equals 5. Place 5 in the function FN (0-10) score. This is the first number that will be used to calculate your RAPID3 score.

(cont'd)

This section of the RAPID3 form is designed to measure your level of pain (PN).

Choose the circle that relates to the pain you are feeling, with "0" being no pain and "10" being pain as bad as it could be. After you select the circle that best describes the pain you are feeling, locate the number below the circle and enter this number in the box to the right labeled PN (0-10) for pain.

In the example above, 1.5 was chosen, which is the pain (PN) score. Place 1.5 in the PN (0-10) box. This will be the second number used to calculate your RAPID3 score.

(cont'd)

The third part of the RAPID3 form is Question 3. This question measures your overall well-being, often called the patient global estimate (PTGE) by doctors. Consider other health conditions as well as your RA when making your choice.

Choose the circle that relates to how you are feeling, with "0" indicating you are doing very well and "10" being you are doing very poorly. After you select the circle that best describes how you are feeling, locate the number below the circle and enter this number in the box to the right labeled PTGE (0-10).

In the example above, the PTGE score is 4. This is the third and final number used to calculate your RAPID3 score.

CONVERSION TABLE	
Near Remission (NR): 1=0.3; 2=0.7; 3=1.0	High Severity (HS): 13=4.3; 14=4.7; 15=5.0; 16=5.3; 17=5.7; 18=6.0; 19=6.3; 20=6.7;
Low Severity (LS): 4=1.3; 5=1.7; 6=2.0	21=7.0; 22=7.3; 23=7.7; 24=8.0; 25=8.3; 26=8.7; 27=9.0; 28=9.3; 29=9.7; 30=10.0
Moderate Severity (MS): 7=2.3; 8=2.7; 9=3.0; 10=3.3; 11=3.7; 12=4.0	

HOW TO CALCULATE YOUR RAPID3 SCORE

If the MD-HAQ, shown here, includes
GA for global health (section 3).

1. a-j FN (0-10):

5

1=0.3 16=5.3
2=0.7 17=5.7
3=1.0 18=6.0
4=1.3 19=6.3
5=1.7 20=6.7
6=2.0 21=7.0
7=2.3 22=7.3
8=2.7 23=7.7
9=3.0 24=8.0
10=3.3 25=8.3
11=3.7 26=8.7
12=4.0 27=9.0
13=4.3 28=9.3
14=4.7 29=9.7
15=5.0 30=10

2. PN (0-10):

15

3. PTGE (0-10):

4

RAPID3 (0-30)

105

THE PAST WEEK?

AS BAD AS IT COULD BE

0 8.5 9.0 9.5 10

ONS MAY AFFECT YOU

VERY POORLY

0 8.5 9.0 9.5 10

6=5.3; 17=5.7; 18=6.0; 19=6.3; 20=6.7;
21=7.0; 22=7.3; 23=7.7; 24=8.0; 25=8.3; 26=8.7; 27=9.0; 28=9.3; 29=9.7; 30=10.0

(but are not scored formally). Use the
total 19 would score a 6.3. Enter this

ance (PN).

mate (PTGE).

score. Use the final conversion table to

ID 3 scale would score a weighed 3.7.

D as moderate severity (MS); and

To calculate your RAPID3 score, add together the numbers located in the FN box, the PN box, and the PTGE box. Place the result in the box labeled RAPID3.

In this example, when you add the functional score of 5 to the pain score of 1.5 and the patient global estimate of 4, you get a total RAPID3 score of 10.5.

HOW TO DETERMINE YOUR DISEASE CATEGORY

0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 6.5 7.0 7.5 8.0 8.5 9.0 9.5 10

3. CONSIDERING ALL THE WAYS IN WHICH ILLNESS AND HEALTH CONDITIONS MAY AFFECT YOU AT THIS TIME, PLEASE INDICATE BELOW HOW YOU ARE DOING:

VERY WELL

0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 6.5 7.0 7.5 8.0 8.5 9.0 9.5 10

VERY POORLY

CONVERSION TABLE	
Near Remission (NR): 1=0.3; 2=0.7; 3=1.0	High Severity (HS): 13=4.3; 14=4.7; 15=5.0; 16=5.3; 17=5.7; 18=6.0; 19=6.3; 20=6.7; 21=7.0; 22=7.3; 23=7.7; 24=8.0; 25=8.3; 26=8.7; 27=9.0; 28=9.3; 29=9.7; 30=10.0
Low Severity (LS): 4=1.3; 5=1.7; 6=2.0	
Moderate Severity (MS): 7=2.3; 8=2.7; 9=3.0; 10=3.3; 11=3.7; 12=4.0	

- HOW TO CALCULATE RAPID 3 SCORES
- Ask the patient to complete questions 1, 2, and 3 while in the waiting room prior to his/her visit.
 - For question 1, add up the scores in questions A-J only (questions K-M have been found to be informative, but are not scored formally). Use the formula in the box on the right to calculate the formal score (0-10). For example, a patient whose answers total 19 would score a 6.3. Enter this

Your RAPID3 score can be any number from 0 to 30. The severity level of your RA is estimated based on your RAPID3 score. A conversion table located at the bottom of the RAPID3 score section will tell you which category your score places you in. A score greater than 12 is classified as high severity (HS). A score between 6.1 and 12 is moderate severity (MS). A score between 3.1 and 6 is low severity (LS), and a score less than or equal to 3 is near remission (R).

In this example, the RAPID3 score of 10.5 indicates that this patient's RA is moderate severity (MS).

You can also use the conversion table to convert your score into a weighted RAPID3 score. This may be useful to your HCP, but is not necessary for determining your disease activity level or for entering your RAPID3 score in your logbook.

RAPID3 score	Your RA disease category
Greater than 12	High severity
Between 6.1 and 12	Moderate severity
Between 3.1 and 6	Low severity
Less than or equal to 3	Near remission (next to no effects)

HOW TO FILL OUT YOUR RAPID3 PATIENT LOGBOOK

Once you have completed the questions on your RAPID3 form and calculated your RAPID3 score, you are ready to record your scores in the RAPID3 logbook.

A. Section 1: RAPID3 Score Entry Type

First, pick the reason you calculated your RAPID3 score. Was this an entry made on the day of an appointment with your doctor, or is this a routine monthly self check?

In this example, let's say you have an appointment with your doctor tomorrow and calculated the RAPID3 score to prepare for it. Choose the "Doctor's Appointment" option in this section.

B. Section 2: RAPID3 Question Scores

Date your entry. Then fill in your FN, PN, PTGE, and RAPID3 scores in each section for the questionnaire you just filled out. This allows you to see how your scores may change over time.

The example on the right shows how you would enter an FN score of 5, a PN score of 1.5, and a PTGE score of 4, which makes the total RAPID3 score 10.5.

C. Section 3: RAPID3 Score Chart and Disease Severity Category

What disease severity category did your RAPID3 score place you in?

Chart your RAPID3 score here by placing an X on the row of your score. The chart is set up for a score of 0 to 30, and is shaded to reflect the score's severity level. It is important to note when your RAPID3 score moves into a new shaded section. This means your status has changed, and you should discuss this with your healthcare provider as needed.

In this case we placed a mark at 10.5 (the RAPID3 score for this example).

The disease score of 10.5 puts you in the disease severity category of moderate severity because the score 10.5 falls between the numbers 6.1 and 12.

RAPID3 Score Logbook

Pick One

Doctor's Appointment

Routine Monthly Self Check

Date	1/8
Physical Function (FN)	5
Pain (PN)	1.5
Patient Global Estimate (PTGE)	4
= RAPID3 Score	
10.5	

High Severity

(RAPID3 Score greater than 12)

30

29

28

27

26

25

24

23

22

21

20

19

18

17

16

15

14

13

Moderate Severity

(RAPID3 Score 6.1 to 12)

12

11

10

9

8

7

6

Low Severity

(RAPID3 Score 3.1 to 6)

5

4

3

Near Remission

(RAPID3 Score less than or equal to 3)

2

1

0

X

HOW TO FILL OUT YOUR RAPID3 PATIENT LOGBOOK_(cont'd)

D. Section 4: Notes

Write out any changes in your routine that might have affected your score. Have you changed medications? Did you start taking an herbal supplement? Have you made a change to your diet and exercise routine? This is a great place to note information or questions you want to discuss with your healthcare provider. Place the date of your entry in the first section and write out the change in your routine on the line next to it. In this example, an herbal supplement was added to the patient's routine.

E. Section 5: Healthcare Information

On the next page of your RAPID3 patient logbook is a place to record your healthcare information. Keeping all your information in one place can make it easier to remember your next appointment with your doctor and any changes in medication. It is not necessary to fill out this page, but you might find it helpful to share it with your healthcare providers during your office visit.

Notes

Date:

Change in Routine:

1/8

An herbal supplement was added to my routine

My Healthcare Information

Use the space below to keep track of information that's important to you:

My current medications:

Prescription/
non-prescription
medication name
(brand or generic)

Dose (amount)
of medication
prescribed
by your doctor

How often do
you take your
medication
(frequency)?

Date when
you started
the medication

Date when/
if you stopped
the medication

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Herbal medication
or
supplement name

Dose (amount)
of medication
prescribed
by your doctor

How often do
you take your
medication
(frequency)?

Date when
you started
the medication

Date when/
if you stopped
the medication

1.

2.

3.

Keeping track of your RA disease activity is an individual decision. The important thing is that you are open and honest in sharing information about how you feel to help your healthcare provider do what is best for you. These patient education materials have been designed to help you do that.

Your healthcare provider may find your RAPID3 score and logbook useful in managing your RA. Some healthcare providers use tests other than the RAPID3 to assess their patients' disease activity. If this is the case with your healthcare provider, he or she may decide not to use your RAPID3 scores and information. Feel free to continue tracking your RAPID3 scores on your own if you find it helpful in monitoring your disease activity.