

RACH YOURSELF

THE RACH FOUNDATION FOR ANKYLOSING SPONDYLITIS

CONVERSATION GUIDE

No matter how long it's been since you learned you have ankylosing spondylitis (AS), or how long you have been on treatment, taking stock of your progress regularly is a good idea. A range of effective treatments and therapies are available for AS and can each work differently depending on the person to ultimately help manage the daily challenges caused by AS.

Checking in with your healthcare team is critical to see whether you are achieving the level of control you would like. This simple discussion guide will help you reassess the impact AS may be having on your life and inform future conversations with your best ally, your rheumatologist.

EVALUATE YOUR CURRENT ACTIVITY

Thinking about the past month, on a 5-point scale (1 is easy to 5 impossible), please indicate your ability in relation to each of the following 'everyday' activities.*

Evaluating your current activity	1	2	3	4	5
Putting on socks or tights without help or aids (e.g., sock aid)	<input type="radio"/>				
Bending from the waist to pick up an item from the floor without aid	<input type="radio"/>				
Reaching a high shelf without help or aids (e.g., helping hand)	<input type="radio"/>				
Getting up from an armless chair without your hands or any other help	<input type="radio"/>				
Getting up off the floor (without help) from lying on your back	<input type="radio"/>				
Standing unsupported for 10 minutes without discomfort	<input type="radio"/>				
Getting out of bed (without help) from any position	<input type="radio"/>				
Climbing 12-15 steps without using a handrail or walking aid	<input type="radio"/>				
Looking over your shoulder without turning your body	<input type="radio"/>				
Doing physically demanding activities (e.g., physiotherapy exercises, gardening or sports)	<input type="radio"/>				
Doing a full day's activities at home or at work	<input type="radio"/>				

In addition to impacting everyday activities, tell your rheumatologist if you are experiencing any of the following challenges. Select any and all that apply:

- Fatigue
- Poor quality sleep
- Bowel problems e.g., constipation
- Eye pain or discomfort
- Blurred vision or light sensitivity
- Pain during sex
- Joint pain
- Reduced ability to work or study
- Reduced independence
- Relationship problems
- Avoiding socialising
- Avoiding activities I used to enjoy
- Poor mental health e.g., anxiety or depression

Take a note of your healthcare team if you are experiencing any of the above symptoms, as they may be able to help you find ways of managing your health.

HOW ARE YOUR AS SYMPTOMS AFFECTING YOU?*

Thinking about the past 12 months, how would you describe the:



MANAGING YOUR AS

How do you feel that your current management plan is controlling your AS to the best you would like?

Yes No

Reflect to speak to your rheumatologist about whether your current treatment is managing symptoms well and ensure they factor in your preferred administration route (e.g., oral vs. IV and daily vs. monthly), work and other life commitments, and personal goals such as long-term and other activities. A healthcare professional should decide on the appropriate AS in consultation with the patient.

What treatment administration method (path) prescription and over the counter (OTC) do you use?

- None
- Topical cream
- Other
- Oral
- Injection

Do you consider other forms of therapy outside of prescription and over the counter to help manage your AS (e.g., physiotherapy, swimming, acupuncture, exercise, and chiropractor)? If you are using other treatments (e.g., diet)

PLEASE SPEAK TO YOUR RHEUMATOLOGIST AND DISCOVER HOW TO BETTER MANAGE YOUR ANKYLOSING SPONDYLITIS.

FOR MORE INFORMATION VISIT WWW.RACH-UK.COM

*This is a self-assessment tool and should not be used as a substitute for professional medical advice or diagnosis. It is not intended to be used as a substitute for professional medical advice or diagnosis. It is not intended to be used as a substitute for professional medical advice or diagnosis. It is not intended to be used as a substitute for professional medical advice or diagnosis.

Guide To Conversation

Fethullah Gülen



Guide To Conversation:

Starting a Conversation Amy Watson,2016-05-16 Here s an inescapable fact you will need to know how people talk and react to whatever things you say It is also important on how to choose the words and the how to approach a person to pick up a conversation be it formal or casual Conversations are important because they have the ability to resolve conflicts and find solutions to any situation you are in A person with a good ability to talk and connect with others around him will always be in control in any situation he she is put in If you do not develop your conversational skills you will be let down and ignored in a social circle The core of a man s knowledge comes from interaction with different kinds of people You have to possess a specific skill set that allows you to open up with other people and they should be able to give back the same to you

Lifetime Conversation Guide James K. Van Fleet,1984 Whether at home or at work you spend a lot of your waking hours conversing with other people You try to influence their behavior by advising ordering and persuading but all too often you fail to get through to them Here are scores of conversation power techniques you can use to control the behavior of others in virtually any family business or social situation Without ever raising your voice you can get anyone to do what you want the way you want and do it gladly Once you learn these simple methods of verbal persuasion you ll wield an almost magical power over everyone and win the respect support and friendship of everyone you meet *Community conversation kit:*

everyday conversations to protect community health World Health Organization,2024-04-19 This Community Conversation Kit CCK is designed to help people who have a leadership role speak with people in their community about how to protect themselves and those they care about from becoming ill with an infectious disease This kit will help lead conversations that get people talking with each other and thinking differently about their health so they can take action Using some simple tips and suggestions the information in this kit will allow communities to exchange practical information that will help them know how to confidently protect their health **Catalogue of Printed Books** British Museum,1896 **English-German Guide**

for the Use of the British and American Forces at the Front Eugène Plumon,1917 The American Catalogue ,1881 American national trade bibliography *Subject Index of the Modern Works Added to the Library of the British Museum in the Years 1881-1900* British Museum. Department of Printed Books,1903 **Catalogue of the Educational Division of**

the South Kensington Museum ,1876 **Key Concepts in the Practice of Sufism** Fethullah Gülen,2004 his second compelling volume includes an introduction to the heart and its dynamics as well as detailed examination of such concepts as freedom altruism wisdom sainthood intoxication and sobriety wakefulness and the universal man **Catalogue of the**

educational division of the South Kensington museum Victoria and Albert museum,1876 Introverts Guide to Conversation Makram Shakur,Introvert Advantage,Introvert Power,Small Talk,2014-07-19 Do You Have Trouble With ConversationsAnd Small Talk Do You Feel Like A Wallflower In Social Situations IsThis Holding Your Life Back Being able to start and hold conversations is vital in both your professional and personal life It s something you can t ignore The fact of

the matter is that if you want to get ahead in this world you are going to have to deal with people in a variety of social situations. This can be challenging if you are what is known as an introvert. Small talk and social situations likely stress you yet they are necessary to partake in if you want to succeed in an extrovert world. That's the bad news. The good news is that small talk and starting and holding a conversation are skills that can be learned just like any other skill. If this interests you, my book *The Introverts Guide To Conversation* is for you. Within its pages you will learn the following: Discover the five most common characteristics of introverts. Determine what exactly makes you an introvert and how you can use this to your advantage. How to handle the introvert's need for deep processing when talking. How to handle small talk. How to prepare for social events. How to begin a conversation with strangers. Conversation topics to avoid. How to keep a conversation going. How to leave a conversation when appropriate. How to keep the party going even as an introvert. By learning how to mimic some of the characteristics of extroverts you will be much better equipped to succeed in their world. Whether you are looking to improve your personal or professional life, learning these extrovert skills can help you get there. What are you waiting for?

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Catalogue of the Library of the Boston Athenæum Boston Athenæum, 1876

Decoding **Guide To Conversation**: Revealing the Captivating Potential of Verbal Expression

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