

PATIENT **Nadia Farouk** | DOB **05/11/1987** | INTERVIEW COMPLETED **5 September 2026** | EXPORTED **5 September 2026**

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Patient-reported data only — your clinical interpretation follows in the appointment.

AT A GLANCE		Generated 16:08 BST	
Complaint	Pain and stiffness in both hands and wrists	Duration	About 4 months
Morning stiffness	“About an hour and a half”	Pattern	Both hands, knuckles and wrists, “the same on both sides”
RAPID3	14.3/30	HAQ-DI	1.25/3
Safety status	No safety flags reported		

KEY POINTS

- Pain and stiffness in “the knuckles and wrists of both hands” for about 4 months.
- Morning stiffness of “about an hour and a half” that “eases once I get going”.
- Knuckles look “puffy” in the mornings.
- “my fingers go white in the cold sometimes”.

SAFETY FLAGS

REPORTED PRESENT	REPORTED ABSENT
None reported.	Fever or feeling generally unwell with the joint symptoms; a red or painful eye; chest pain or new breathlessness.

QUESTIONNAIRE SCORES

RAPID3 (Routine Assessment of Patient Index Data)	14.3/30	High severity (instrument band >12)
HAQ-DI (Health Assessment Questionnaire Disability Index)	1.25/3	Instrument score; higher indicates more difficulty

PROBLEM SUMMARY

A four-month history of pain and stiffness in both hands, affecting “the knuckles and wrists”, described as “the same on both sides”. Morning stiffness is reported as “about an hour and a half” and improves with activity. The knuckles look “puffy” in the mornings and that gripping is difficult: “I can’t open jars and my rings don’t fit”.

PATTERN OF JOINT INVOLVEMENT

- **Joints reported:** knuckles of both hands, both wrists; “the balls of my feet, sometimes”.
- **Symmetry:** “the same on both sides”.
- **Swelling:** knuckles “puffy” in the mornings; “my rings don’t fit”.

SYSTEMIC AND EXTRA-ARTICULAR FEATURES

- **Fatigue:** “wiped out by teatime” most days.
- Fingers “go white in the cold sometimes”, “then go a bit blue and then red”.
- **Reported absent:** rash, mouth ulcers, dry eyes or dry mouth, hair loss, skin patches on elbows or scalp, bowel symptoms, recent infection, tick bite.

MEDICATIONS AND LIFESTYLE

- **Medications:** ibuprofen “most days”; the combined contraceptive pill.
- **Reported absent:** steroid tablets, methotrexate or other “arthritis drugs” (patient’s words).
- Non-smoker; alcohol “the odd glass at the weekend”.

RELEVANT COMORBIDITIES

- No other medical conditions.
- **Family:** “my mum has arthritis, the bad kind, in her hands”.
- **Reported absent:** personal history of psoriasis, inflammatory bowel disease, eye inflammation.

OUTSTANDING CLINICAL QUESTIONS

- The results of the reported blood tests are not known to the patient.
- Plans for pregnancy were not asked; the patient is of child-bearing age and on the combined pill.

This summary was prepared from a patient-reported pre-consultation interview. All information is self-reported and unverified. Clinical findings, examination, and objective investigations are required before any clinical conclusions can be drawn.