

**ICF Core Sets
International Multicentric Validation Study**

**Use of the Case Record Form
for Health Professionals**

Case Example

Mrs. Baker

Patient with Rheumatoid Arthritis

***Case Description
including
ICF Categories***

Mrs. Baker,
Age: 42 years,
Diagnosis: Rheumatoid Arthritis,
Duration of disease: 10 years.

Doctor: Good morning, Mrs. Baker. Welcome to our centre for physical medicine and rehabilitation. How can I help you?

Patient: Good morning, Professor Stucki. Well, I'm suffering from rheumatoid arthritis for about 10 years. Since four weeks I notice functioning of my hands is getting worse and worse. Both hands are affected by the disease, fingers as well as wrist joints. I have problems with my feet, too, and also with the right shoulder and right knee, but the problems with the hands do extremely interfere with my whole life.

s7302 Structure of hands
s73021 Joints of hand and fingers
s73011 Wrist joint
s7502 Structure of ankle and foot
s720 Structure of shoulder region

s75011 Knee joint

Doctor: Could you please tell me more about your complaints and how they affect your life?

Patient: Presently several of the finger joints as well as the wrist joints and the knee are quite swollen and every movement is rather painful, especially in the morning.

Thus, it's already difficult for me to dress myself, you know especially: buttons, zippers, shoe laces, all these things suddenly become obstacles.

Furthermore, brushing the teeth, combing the hair or putting on make up becomes complicated. Another challenge for me is preparing breakfast for the family, because sometimes I'm not able to lay the table, carry the dishes, or cut bread.

But besides those stupid daily hassles, what affected me most, is that I even had to give up my job. Due to the restricted movement and the deformation of my fingers I was not longer able to work as a secretary, for example increasingly I had difficulties in typing.

s73021 Joints of hand and fingers
s73011 Wrist joint
s75011 Knee joint
b28014 Pain in upper limb
b28015 Pain in lower limb
b28016 Pain in joints
d440 Dressing
d440 Fine hand use
e115 Products and technology for personal use in daily living

d520 Caring for body parts
d445 Hand and arm use

d630 Preparing meals
d430 Lifting and carrying objects
d445 Hand and arm use

d850 Remunerative employment
b710 Mobility of joints functions
s73021 Joints of hand and fingers

d360 Using communication devices and techniques

Doctor: Have you noticed any circumstances that are positively or negatively related to the intensity of your complaints and pain?

Patient: Yes, of course. In winter the symptoms are definitely far worse than in summer. It's easier to move when temperature is higher.

e225 Climate

Doctor: Your sensation of pain, is it restricted to the affected joints?

Patient: Yes, the pain that derives from rheumatoid arthritis is localised in the joints. But I' m also suffering from migraine attacks since many years and this is associated with almost unbearable headaches.

b28016 Pain in joints
b28010 Pain in head and neck

Doctor: Mrs. Baker, you have stressed you problems concerning hand use. What about your affected shoulder, knee and feet?

Patient: Well, the shoulder just makes it difficult to lift things to the very top shelf of a cupboard for example. Cleaning the windows is also very complicated for me. And – I should mention this – our apartment increasingly proves to be a hindrance for me. It's located in the 4th floor without an elevator and climbing those huge numbers of stairs becomes rather difficult for me.

d430 Lifting and carrying objects
d640 Doing housework

e155 Design, construction and building products and technology of buildings for private use

d455 Moving around

Doctor: Besides those restrictions of daily routine work and employment, has your illness affected your leisure activities?

Patient: Yes, indeed! I was a talented flute player and had several concerts as a member of a classical orchestra. It was very hard for me to give up this passion. Additionally, in former times my husband and I spent many weekends in the mountains for hill walking. That's no longer possible because of my feet and my knee. At the moment I'm just able to take a short walk around

d920 Recreation and leisure

d450 Walking

d460 Moving around in different locations

the block without having pain. As you see, there are various restrictions of leisure activities.

b28015 Pain in lower limb

Doctor: Chronic diseases like rheumatoid arthritis often affect relationships and contacts with other people in a positive or negative way. Could you please tell me something about your experiences to that effect?

Patient: That's true. Those restrictions concerning my hobbies have also reduced the number of my friends and acquaintances. But meanwhile I'm no longer sad about that, because I have got to know several very nice persons in a self-help group for patients with rheumatoid arthritis. They all share the same experiences with the disease. This group has helped me to cope with my situation and meanwhile it's easier for me to ask people for assistance. For instance, there's a nice young student who is helping me with some household things and my husband is very supportive, too.

d750 Informal social relationships
b152 Emotional functions

e5550 Associations and organisational services

Personal Factors

e340 Personal care providers and personal assistants
e310 Immediate family
e410 Individual attitudes of immediate family members

Doctor: What kind of assistance did you receive from health professionals up to now?

Patient. My rheumatologist tried hard to find the right combination of medicine for me. I take MTX and Enbrel as disease modifying drugs and this is working quite well. Additionally, I visit the physiotherapist once a week. She teaches me how to mobilize my joints in a positive manner. And some time during a stay in hospital an occupational therapist offered me useful devices for daily life, for example an electric opener for bottles and a knife with a special grip. He also provided me with a wrist splint I wore to protect the joint and to quiet inflammation. This was an enormous support and now I wonder whether there might be more devices to help me improving my hand function and managing my daily life.

e355 Health professionals
e110 Products or substances for personal consumption

e355 Health professionals
d570 Looking after one's health

e355 Health professionals
e115 Products and technology for personal use in daily life
d550 Eating
d560 Drinking
d630 Preparing meals

Doctor: Mrs. Baker, if you do something strenuous, do you become easily breathless?

b455 Exercise tolerance functions

Patient: No.

Doctor: How is your sexual life in the last weeks?

Patient: Since 4 weeks, I don't have a sexual life... with so much pain, I don't even think about it and have no sexual interest.

b640 Sexual functions
d770 Intimate relationships
b280 Sensation of pain

Doctor: You mentioned that the joints are swollen, are they also stiff?

b780 Sensations related to muscles and movement functions

Patient: Yes, a bit.

Doctor: Regarding your illness, do you worry about your social security?

e570 Social security services, systems and policies

Patient: Fortunately, I think I am in good hands in Germany.

Mrs. Baker also explains that she has no problems in writing, using telephones with buttons or by driving her car. She also tells her community social life is not affected by her illness and her family and friends are very supportive.

d170 Writing
d360 Using communication devices and techniques
e125 Products and technology for communication
d475 Driving
e120 Products and technology for personal indoor and outdoor mobility and transportation
d910 Community life
e310 Immediate family
e320 Friends
e410 Individual attitudes of immediate family members
e420 Individual attitudes of friends
d760 Family relationships
d750 Informal social relationships

Doctor: I'm sure, Mrs. Baker, we can do something to improve your situation. We'll make a bodily examination now and then our rehabilitation team will meet and develop an individual therapy program based on the information you gave me.

Clinical findings

Personal Information

Born: 01.02.62, in Germany

Years of formal education (school + professional): 15 years

Diagnosis: 10 years ago in August.

10 months ago: Hospitalisation due to RA.

X-ray of both hands

Subluxation MCP joints 2 and 3 right, commencing ulnar drift of right hand; degenerative changes of proximal and distal interphalangeal joints right hand, dig. 2 and 3.

s7302 Structure of hand
s73021 Joints of hand and fingers
s73011 Wrist joint

Laboratory parameters

- Rheumatoid factor seropositive
- Erythrocyte sedimentation rate (ESR) 25 mm/h (norm)
- C-reactive protein (CRP) 3 mg/dl (norm)
- Reduced haemoglobin 10g/dl

b435 Immunological system functions

b430 Haematological system functions

Pharmacotherapy

- Methotrexate: 1x /week 10 mg
- Enbrel: 25 mg 2x /week s.c.

e110 Products and substances for personal consumption

Activities of daily life

Household:

- Clean-up: Complete limitations of making beds, cleaning the windows, carrying full buckets.
- Laundry: Complete limitations of wringing out, hanging up.
- Kitchen: Complete limitations of opening cans, bottles, screw caps, using a pair of scissors.

d640 Doing housework
d430 Lifting and carrying objects

d445 Hand and arm use

d445 Hand and arm use
d550 Eating
d560 Drinking
d630 Preparing meals
d440 Fine hand use

Clinical examination

Rheumatoid nodule, right elbow.

s770 Additional musculoskeletal structure related to movement

6-minute-walking

220 meters; while walking latent pain in the knee and severe increasing pain in both feet and feeling of instability of the knee.

d450 Walking
b28016 Pain in joints
b28015 Pain in lower limb
b715 Stability of joint functions

Gait-pattern

Moderate Duchenne sign to the left side.

b770 Gait pattern functions

Transfer

Seat – stand
Dorsal position – face-down position
Dorsal position – seat

} no pathological findings

d410 Changing basic body position

Physical inspection

Hands: Right hand:
ulnar drift
swan-neck deformity of little finger
Boutonnière deformity of index finger

Feet: both ankle joints moderately swollen
bunion in Hallux valgus position, right>left

Knees: right knee moderately swollen

Trunk: no pathological findings

s7302 Structure of hand
s73011 Wrist joint
s73021 Joints of hand and fingers
b715 Stability of joint functions

s7502 Structure of ankle and foot

s75011 Knee joint

s760 Structure of trunk

Assessment of muscle power

Dynamometer for grip strength

right 21.4 pounds
left 47.3 pounds

b730 Muscle power functions

Elbow

flexion right 5/5 left 5/5
extension right 5/5 left 5/5

Knee

flexion right 3-4/5 left 5/5
extension right 4/5 left 5/5

Range of motion

Shoulders:	flexion/extension
	right 140°/0/30°
	left 135°/0/30°
Elbows:	both normal range of motion
Hand joints:	volar flexion/dorsiflexion
	right 30°/0/0°
	left 35°/0/10°
	radial flexion/ulnar flexion
	right 0°/5/20°
	left 0°/0/20°
Fists:	Fingertip-palmar
	right 5 cm
	left 3,5 cm
Hips:	both normal range of motion
Knees:	flexion/extension
	right 95°/10/0°
	left 120°/0/0°
Ankles:	dorsiflexion/plantar flexion
	right 5°/0/35°
	left 10°/0/30°

b710 Mobility of joint functions

Body weight

68 kg

Body height

170 cm