

Rheumatoid arthritis flare limiting work tasks



Assume that today's date is 23 October 2026. Mrs Bukhari completed her sixth occupational therapy session two days ago. You are an occupational therapist at an outpatient hand therapy clinic. Using the information in the case notes, write a letter to Dr Vikram Srivastava, Mrs Bukhari's general practitioner. Update him on the outcome of her occupational therapy and ask him to review her medical management. Address the letter to Dr Vikram Srivastava, General Practitioner, The Medical Centre, 42 High Street. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

Patient details

- | | I | C | O |
|---|--------------------------|--------------------------|--------------------------|
| 1. Name: Mrs Lakshmi Bukhari | ☐ | ☐ | ☐ |
| 2. DOB: 14/03/1968 (58 yrs) | ☐ | ☐ | ☐ |
| 3. Referred by GP (Dr Vikram Srivastava) 08/26 for hand function & work tasks | ☐ | ☐ | ☐ |
| 4. Dx: seropositive rheumatoid arthritis (2019) | ☐ | ☐ | ☐ |

Social background

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|---|--------------------------|--------------------------|--------------------------|
| 5. Hairdresser in busy salon, 4 days/wk (↓ from 5 days since 06/26) | ☐ | ☐ | ☐ |
| 6. Lives with husband; 2 adult children | ☐ | ☐ | ☐ |
| 7. Daughter getting married 12/26 — pt wants to style bridal party's hair | ☐ | ☐ | ☐ |
| 8. Enjoys gardening & sings in local choir | ☐ | ☐ | ☐ |
| 9. Says salon manager 'doesn't care' & books her the most difficult clients | ☐ | ☐ | ☐ |

Medical history

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|--|--------------------------|--------------------------|--------------------------|
| 10. RA meds: methotrexate weekly + folic acid; managed by rheumatologist | ☐ | ☐ | ☐ |
| 11. Last rheumatology review 05/26 — 'stable'; next appt 02/27 | ☐ | ☐ | ☐ |
| 12. Pt says rheumatologist is 'always rushed & never listens' | ☐ | ☐ | ☐ |
| 13. Hypothyroidism — thyroxine daily | ☐ | ☐ | ☐ |
| 14. Appendicectomy 1990 | ☐ | ☐ | ☐ |
| 15. OTC ibuprofen PRN past 3/52 — now taking most days | ☐ | ☐ | ☐ |
| 16. Allergies: nil known | ☐ | ☐ | ☐ |

OT intervention

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|------------------------------------|--------------------------|--------------------------|--------------------------|
| 17. 6 sessions 26/08/26 – 21/10/26 | ☐ | ☐ | ☐ |
|------------------------------------|--------------------------|--------------------------|--------------------------|

OT intervention

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|---|--------------------------|--------------------------|--------------------------|
| 18. Joint protection & energy conservation education — able to describe & apply principles at work | ☐ | ☐ | ☐ |
| 19. Bilat custom resting hand/wrist splints at night — worn most nights, well tolerated | ☐ | ☐ | ☐ |
| 20. Adapted tools: ergonomic offset-handle scissors, lightweight hairdryer, padded brush handles, height-adjustable stool | ☐ | ☐ | ☐ |
| 21. Hand function ↑: now completes cut & blow-dry without rest break (previously needed 2 breaks) | ☐ | ☐ | ☐ |
| 22. Self-rated work performance ↑ 4/10 → 7/10 | ☐ | ☐ | ☐ |

Current presentation (21/10/26)

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|--|--------------------------|--------------------------|--------------------------|
| 23. Morning stiffness ↑ over past 4/52: now ~90 min (was ~20 min) | ☐ | ☐ | ☐ |
| 24. Swelling & tenderness bilat MCP 2–3 & wrists, R > L; warmth over R wrist | ☐ | ☐ | ☐ |
| 25. Pain 6/10 at end of work day (was 3/10) | ☐ | ☐ | ☐ |
| 26. Unable to start clients before 10:00; cancelled 3 early appts this month | ☐ | ☐ | ☐ |
| 27. Fatigue ↑; nil fever, nil wt loss reported | ☐ | ☐ | ☐ |
| 28. Reports nil missed methotrexate doses | ☐ | ☐ | ☐ |
| 29. Hair dye has stained R splint strap — replacement strap given | ☐ | ☐ | ☐ |

Plan

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|--|--------------------------|--------------------------|--------------------------|
| 30. Continue night splints, adapted tools & joint protection strategies | ☐ | ☐ | ☐ |
| 31. Letter to GP: review medical mx of flare ± request earlier rheumatology review | ☐ | ☐ | ☐ |
| 32. Pt to discuss later start times / shorter shifts with employer | ☐ | ☐ | ☐ |
| 33. OT review 6/52 to reassess hand function & work tolerance | ☐ | ☐ | ☐ |