



DIAGNOSTIC CRITERIA

ARTHRALGIA SUSPICIOUS FOR PROGRESSION TO RA (2016 EULAR)

INTRODUCTION:

During the transition to rheumatoid arthritis (RA) many patients pass through a phase characterized by the presence of symptoms without clinically apparent synovitis. This phase is the first opportunity to clinically recognize patients who are at risk for progression to RA. It has been shown that early recognition of disease-modifying antirheumatic drug (DMARD) treatment in RRA is more effective in modulation the erosive and persisting nature of RA compared with delayed initiation of DMARD treatment. Hence, interventions in the initial clinical phase of the disease, which precedes the onset of clinical arthritis, may be more effective in reducing the risk of disease persistence and the development of damage. This tools presents a set of clinical characteristics for patients with arthralgia who are at risk of progression to RA.

REFERENCE VALUES:

Specificities for the presence of arthralgia at risk of RA:

- 1 positive answer: 14.1%
- 2 positive answers: 53.8%
- 3 positive answers: 74.4%
- 4 positive answers: 93.6%
- >4 positive answers: 100%

History	
Joint symptoms of recent onset (duration < 1 year)	Duration of morning stiffness 60 min
Symptoms located in MCP joints	Most severe symptoms present in the early morning
Presence of a first-degree relative with RA	
Physical examination	
Difficult with making a fist	Positive squeeze test of MCP joints

REFERENCES:

Van Steenbergen HW, Aletaha D, Beart-Blaart-Van de Voorde LJJ, et al. EULAR definition of arthralgia suspicious for progression to rheumatoid arthritis. *Ann Rheum Dis.* 2016;0:1-6.