



ORENCIA®  
Subcutaneous SC (abatacept)  
My Rheumatoid Arthritis Diary





# A tool to help manage your arthritis

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Over a 6-month period (minimum) your healthcare team may ask you to complete this treatment diary each week. It is designed to help you measure the effect of ORENCIA SC on your rheumatoid arthritis (RA).

Please remember to bring this record with you to your appointments with your healthcare provider.

This record should not take you long to fill out each week. By answering the questions inside regularly, you will have a record of your treatment to discuss with your healthcare team.





# My RA diary

Complete this form each week. Take all your dated and completed forms with you whenever you visit your healthcare provider.

**Week 1**

Date:

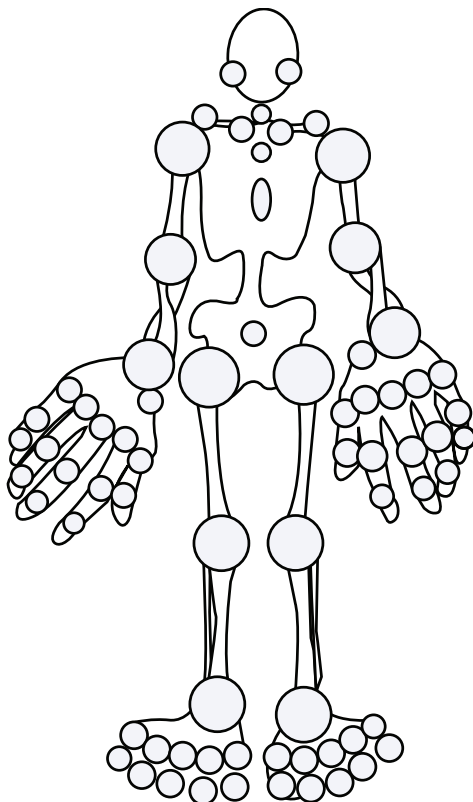
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



[illegible]



# My RA diary

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**Week 2**   

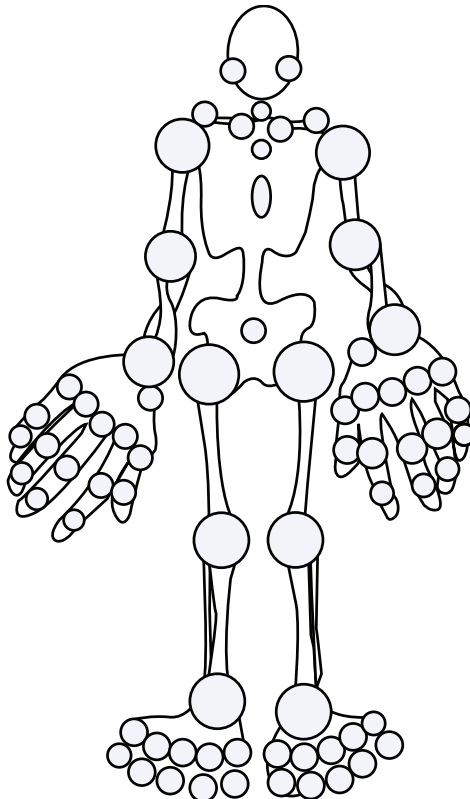
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

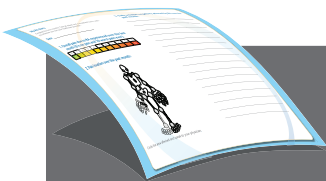
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



## This image shows a blank sheet of white paper with horizontal ruling lines. The top portion of the page features a light blue header area. Below this, there are several sets of horizontal lines, each set consisting of two parallel lines with a small gap between them, creating a series of uniform writing spaces. The lines are evenly spaced and extend across the width of the page.



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# My RA diary

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Week 3

Date:

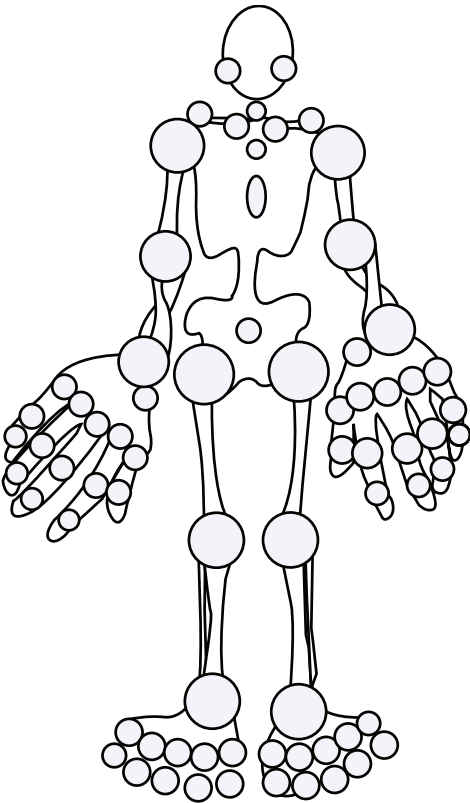
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.





[illegible]



# My RA diary

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**Week 4** Date:

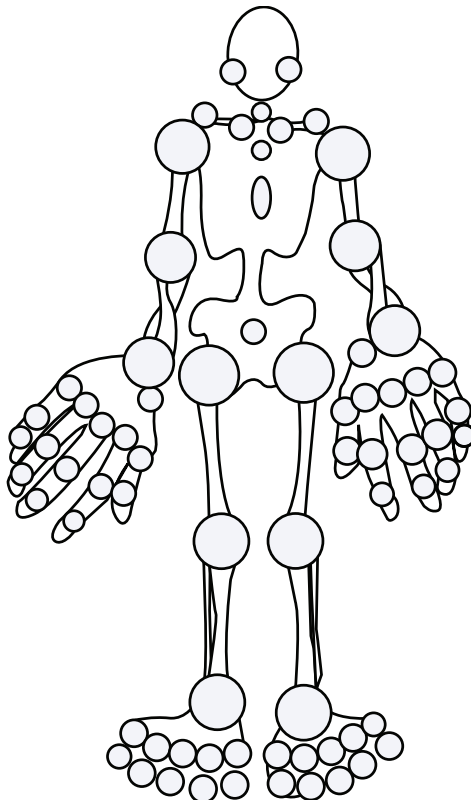
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

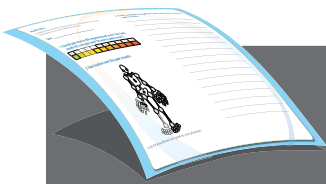
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



### 3. Daily activities negatively affected by RA over the past week:

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Week 5

Date:

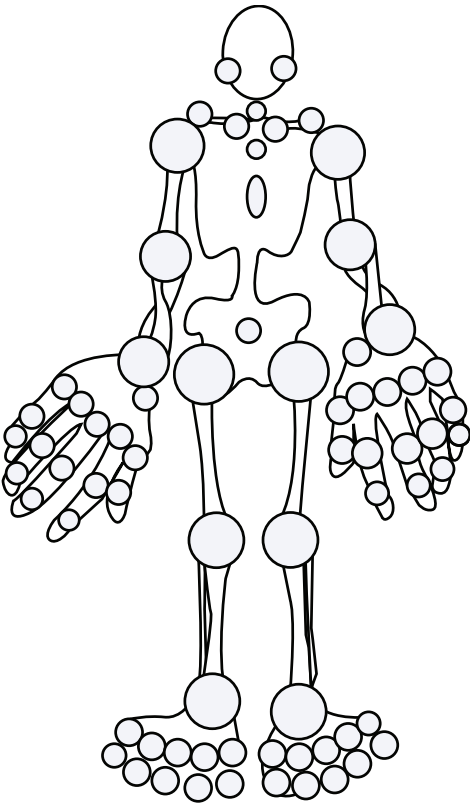
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



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# My RA diary

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**Week 6** Date:

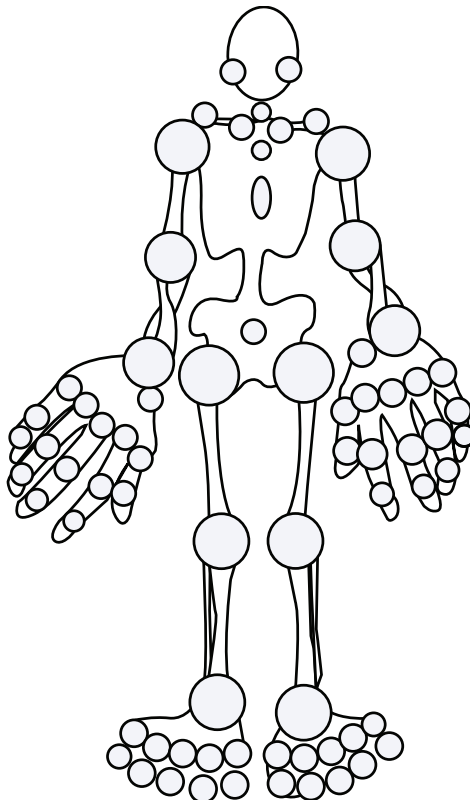
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



### 3. Daily activities negatively affected by RA over the past week:

[illegible]

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# My RA diary

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Week 7

Date:

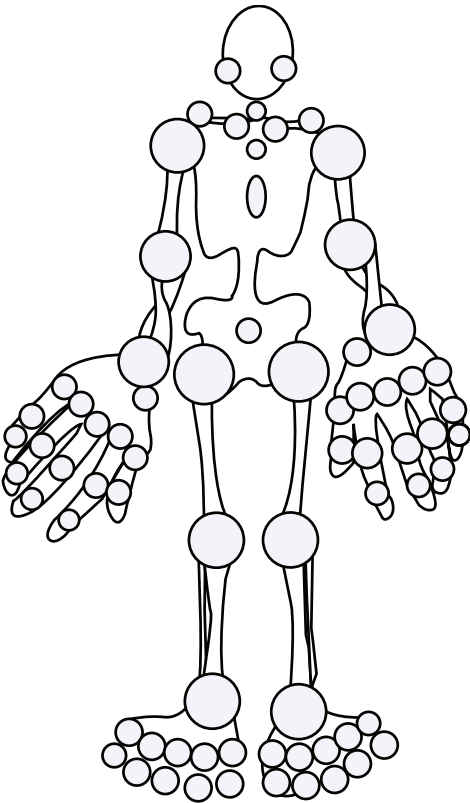
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.





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# My RA diary

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Week 8

Date:

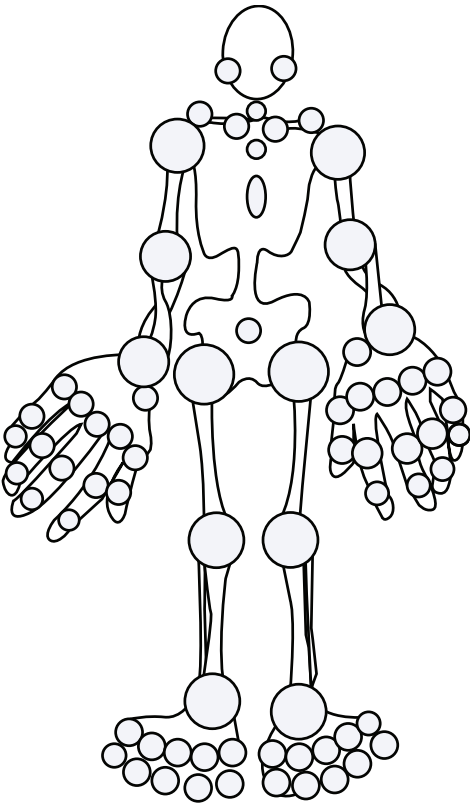
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



[illegible]



# My RA diary

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Week 9

Date:

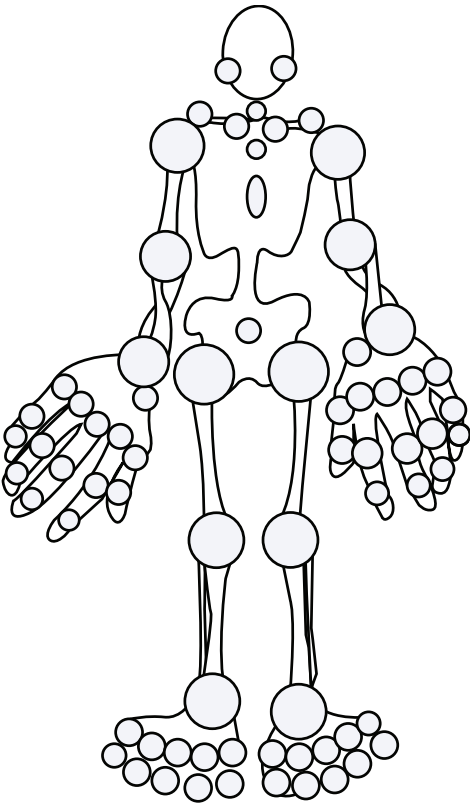
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

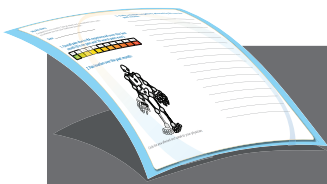
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



### 3. Daily activities negatively affected by RA over the past week:

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**Week 10**

Date:

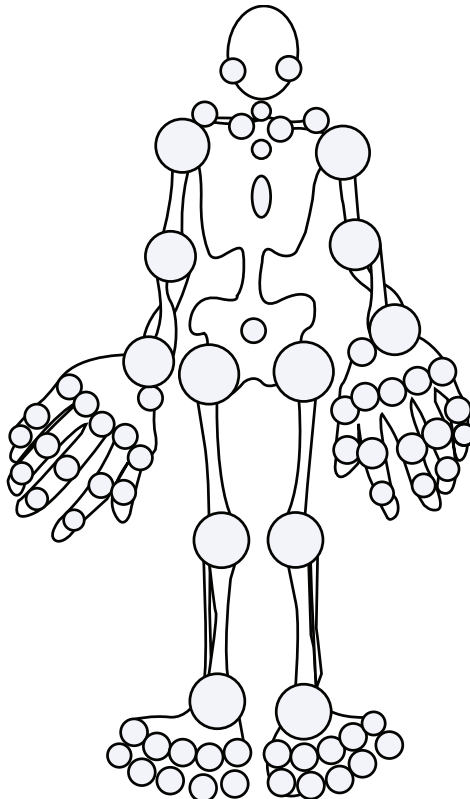
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

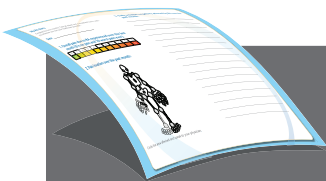
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



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**Week 11**

Date:

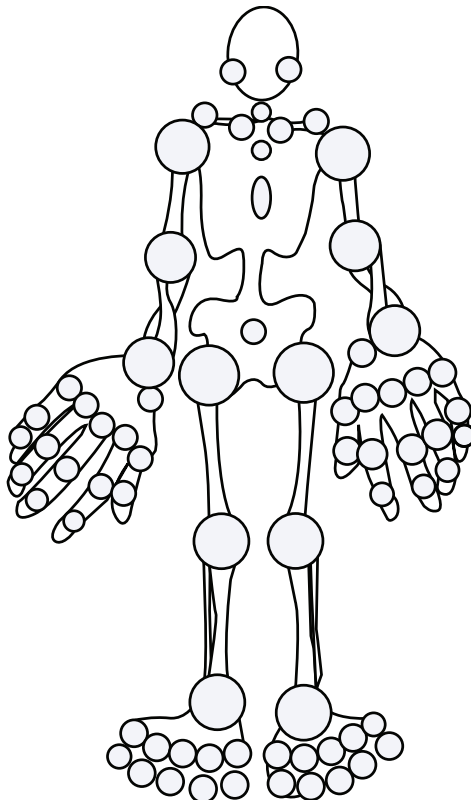
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

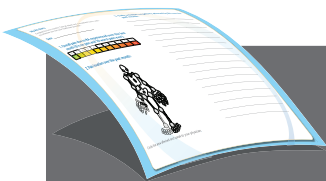
## 2. Pain location over the past week:

Circle the area affected and speak to your physician.





### 3. Daily activities negatively affected by RA over the past week:

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**Week 12**

Date:

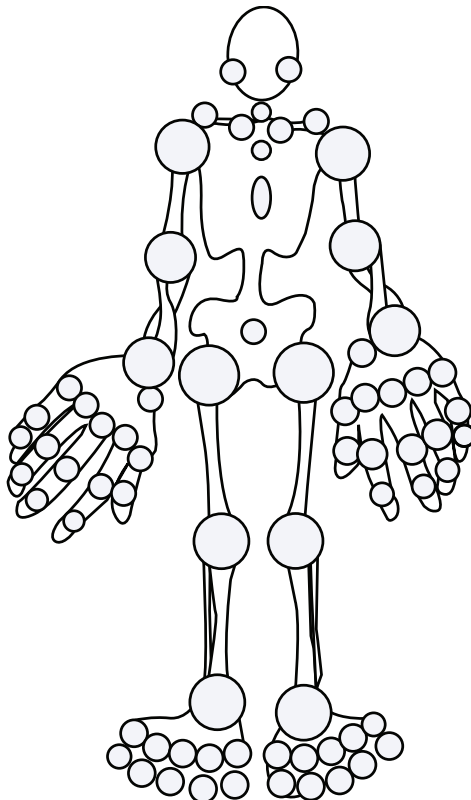
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

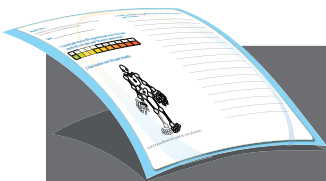
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



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**Week 13**

Date:

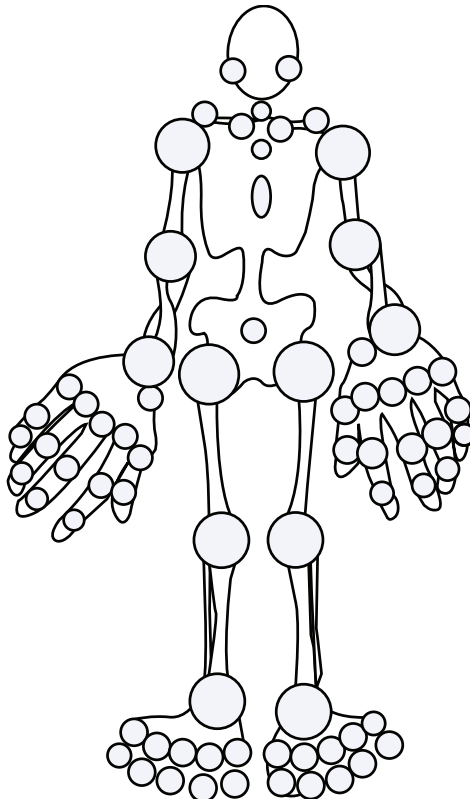
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



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**Week 14**

Date:

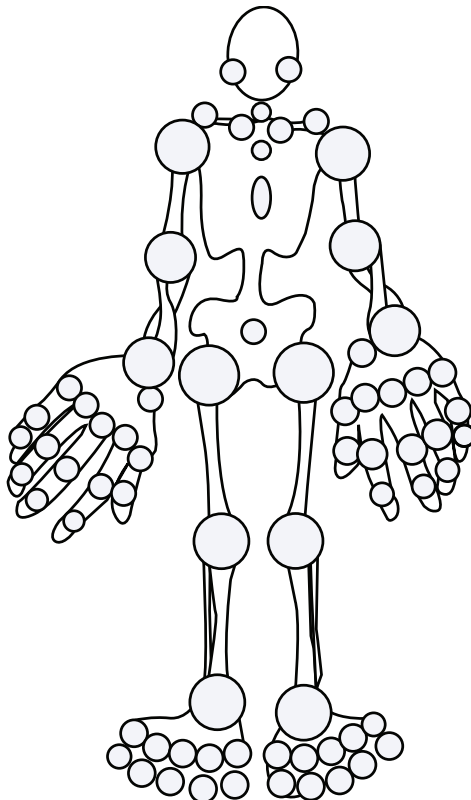
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



[illegible]



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**Week 15**

Date:

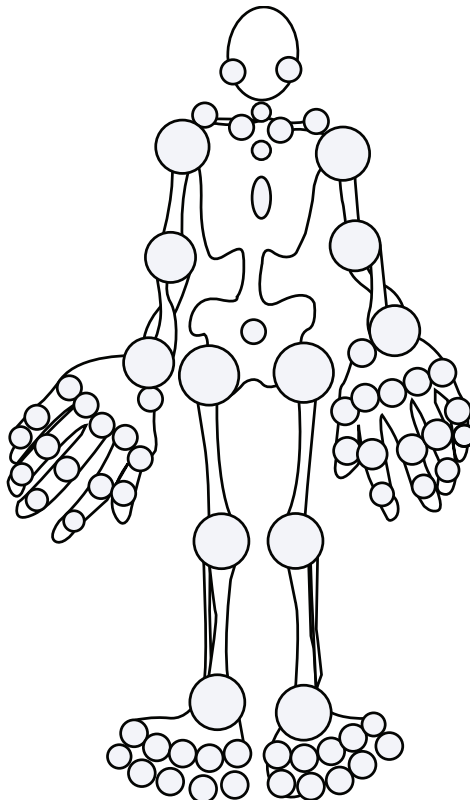
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

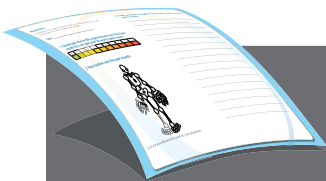
## 2. Pain location over the past week:

Circle the area affected and speak to your physician.





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**Week 16**

Date:

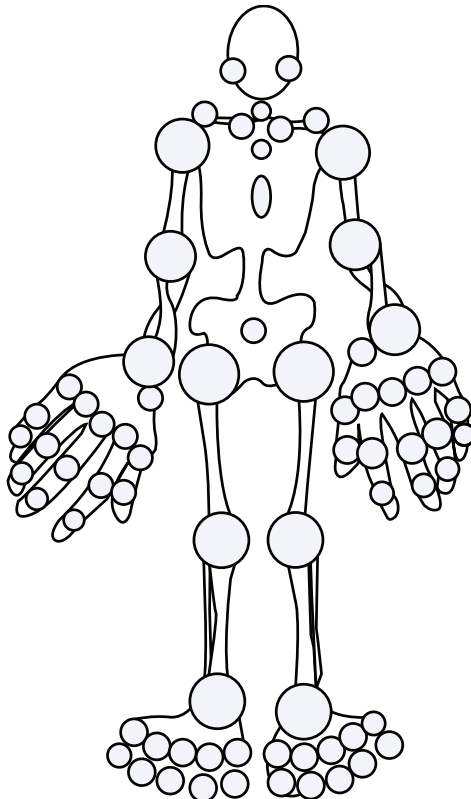
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

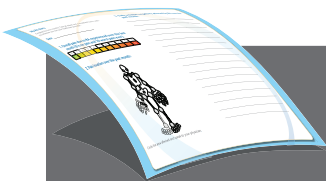
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



### 3. Daily activities negatively affected by RA over the past week:

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

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Week 17

Date:

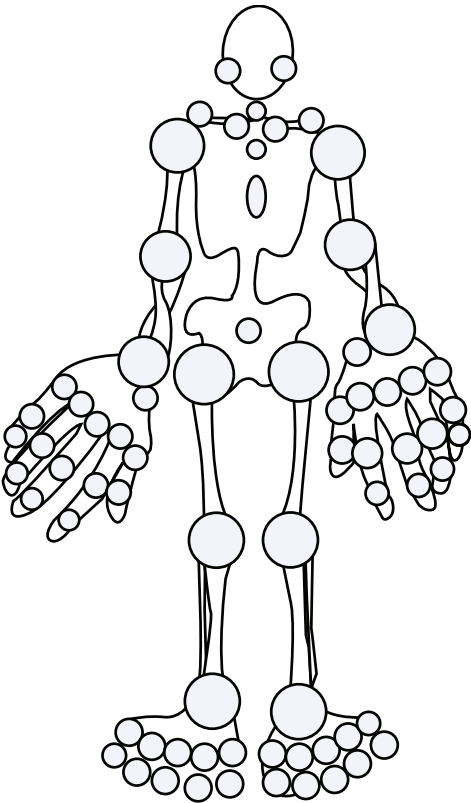
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



[illegible]

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**Week 18**

Date:

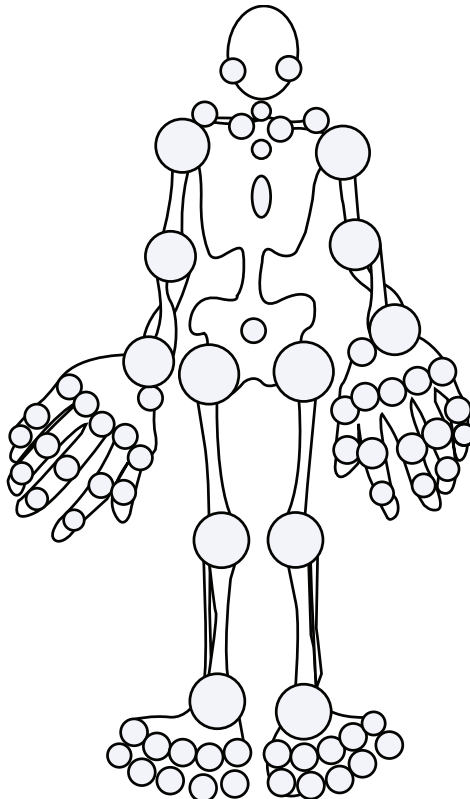
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

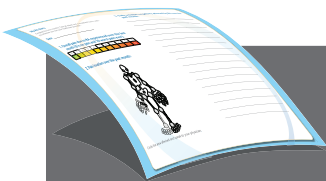
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



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Week 19

Date:

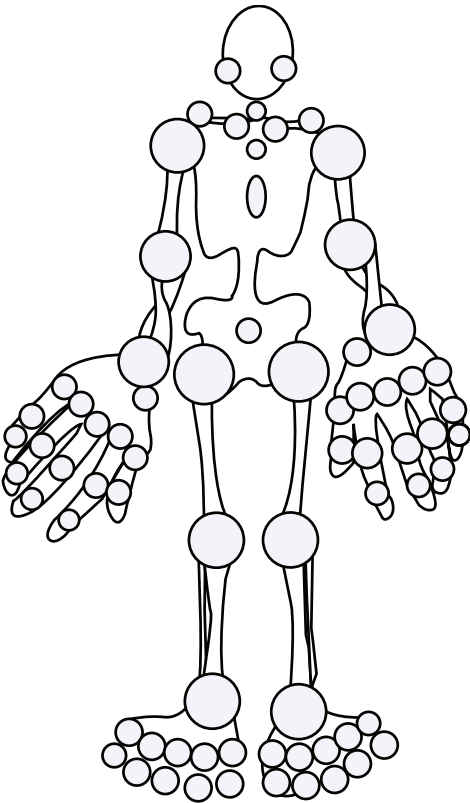
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

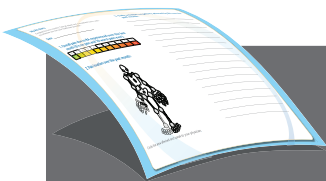
## 2. Pain location over the past week:

Circle the area affected and speak to your physician.





### 3. Daily activities negatively affected by RA over the past week:

[illegible]

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# My RA diary

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**Week 20**

Date:

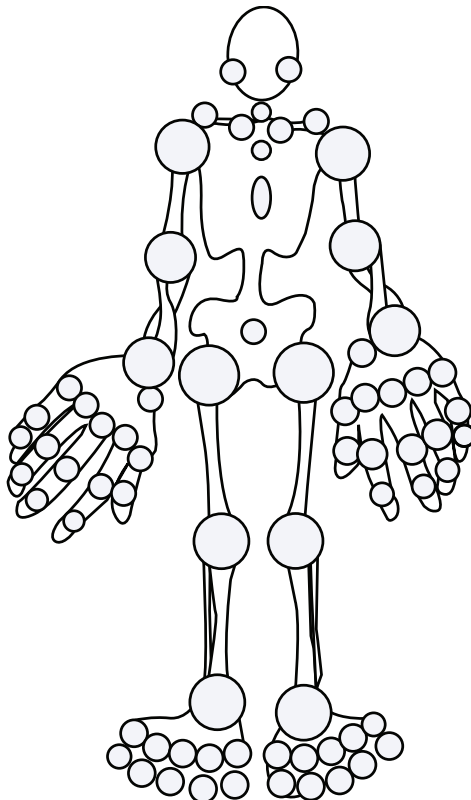
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

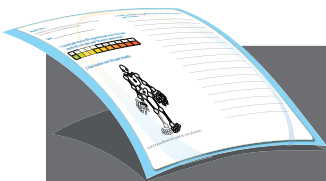
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



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Week 21

Date:

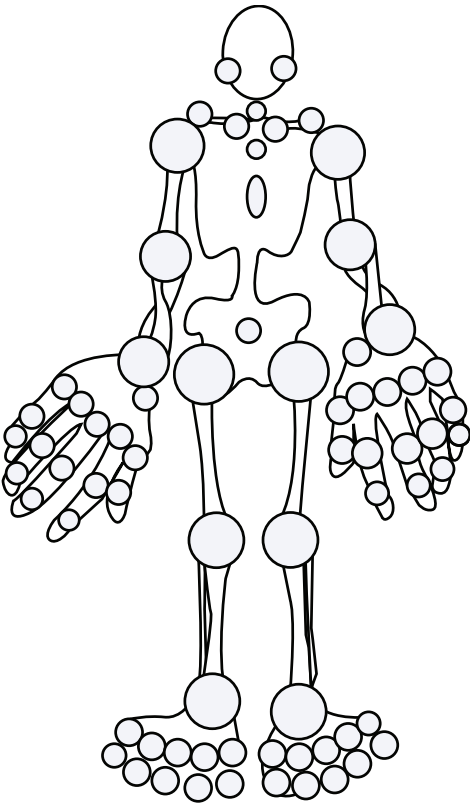
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



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**Week 22**

Date:

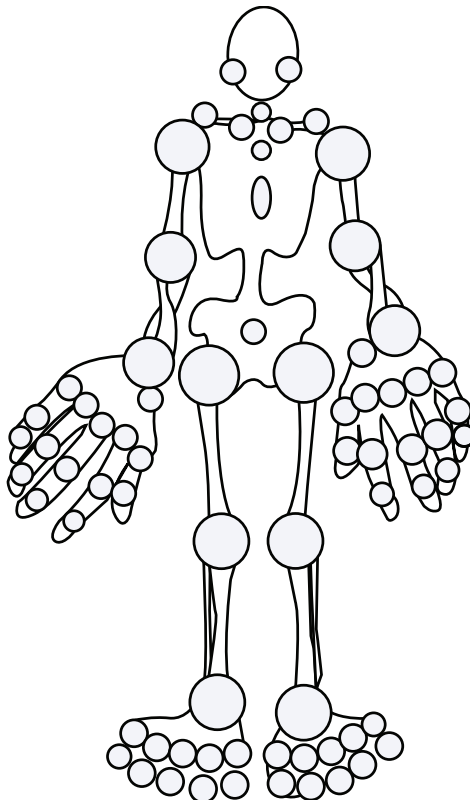
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



### 3. Daily activities negatively affected by RA over the past week:

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Week 23

Date:

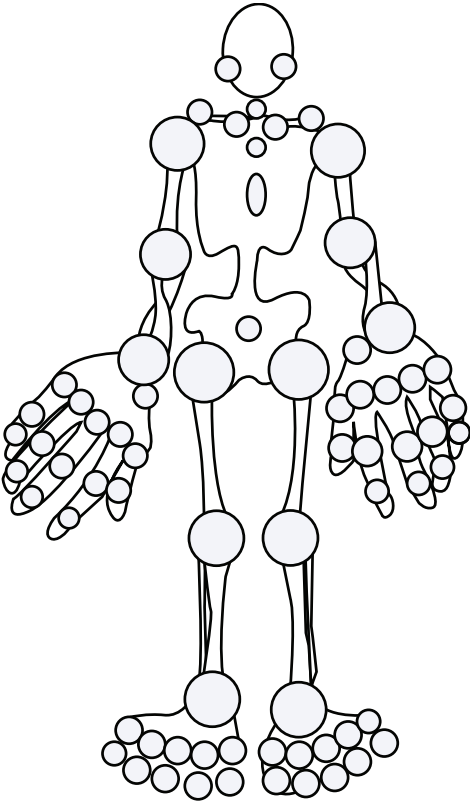
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

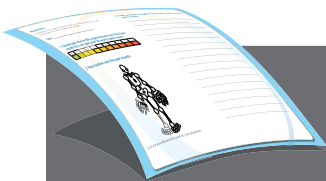
## 2. Pain location over the past week:

Circle the area affected and speak to your physician.





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**Week 24**

Date:

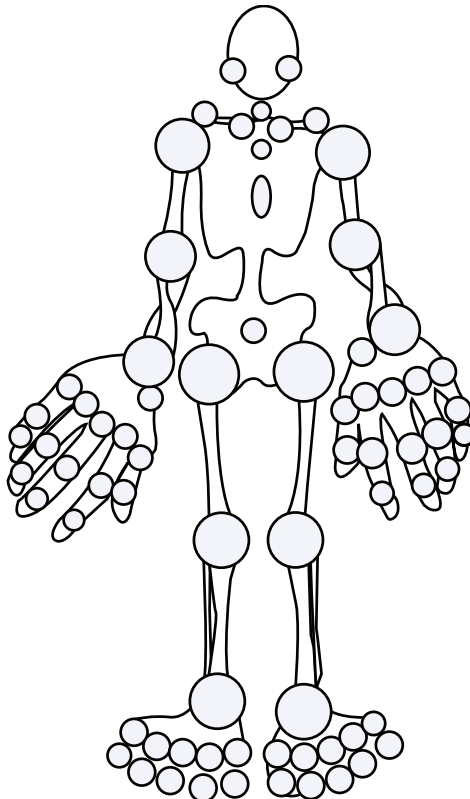
## 1. Overall pain due to RA experienced over the last week

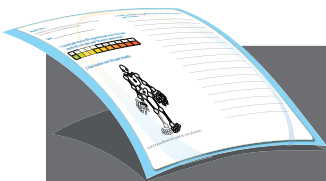
(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



[illegible]

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# My RA diary

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**Week 25**

Date:

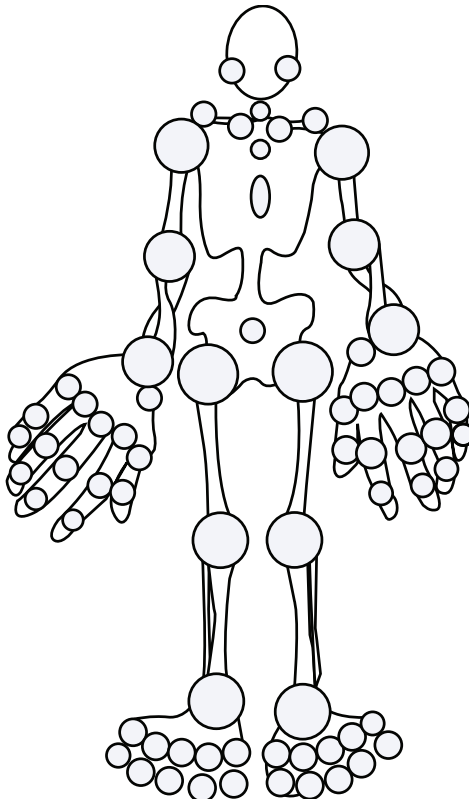
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



[illegible]

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# My RA diary

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**Week 26**

Date:

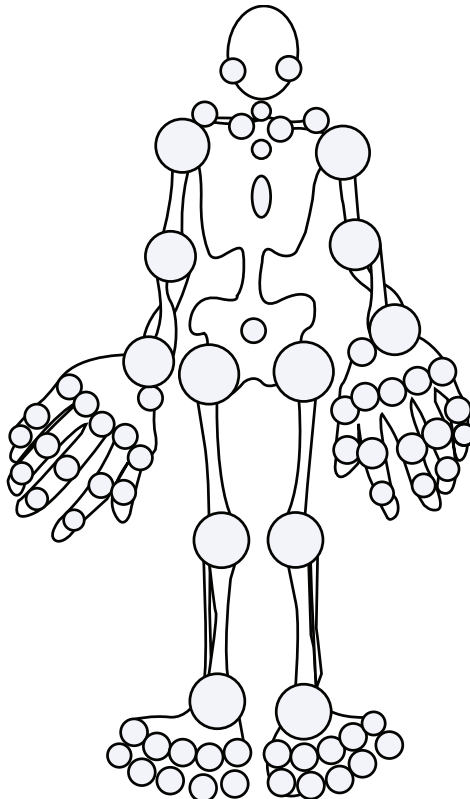
## 1. Overall pain due to RA experienced over the last week

(0 is no pain and 10 worst pain ever):

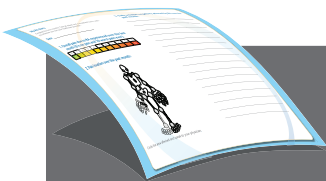
0	1	2	3	4	5	6	7	8	9	10
😊										😞

## 2. Pain location over the past week:

Circle the area affected and speak to your physician.



## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.




A printable interactive version of this diary is also available at: **[www.myORP.ca](http://www.myORP.ca)**.



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