

JDCBS Flare Form

Which system flared?

Date of flare (DD/MM/YYYY): _____

☐ Myositis ☐ Skin disease ☐ Calcinosis ☐ Lung disease ☐ Arthritis ☐ Constitutional symptoms

Probable trigger for flare

Viral infection ☐ No ☐ Yes ☐ Unknown **UV exposure** ☐ No ☐ Yes ☐ Unknown

Streptococcal infection ☐ No ☐ Yes ☐ Unknown **Vaccination** ☐ No ☐ Yes ☐ Unknown

Other infection ☐ No ☐ Yes ☐ Unknown **Change in medication** ☐ No ☐ Yes ☐ Unknown

If yes, specify drug change _____

Core set measures at time of flare:

Physician VAS measured? (in cm, from 0.0 – 10.0)**Patient VAS measured? (in cm, from 0.0 – 10.0)**☐ No ☐ Yes ____ . ____ /10.0 cm ☐ Unknown☐ No ☐ Yes ____ . ____ /10.0 cm ☐ UnknownChildhood myositis associated scale (CMAS) score completed? ☐ No☐ Yes: ____/52 ☐ Unknown

Head elevation (neck flexion)	☐ Unable	☐ 1-9 seconds	☐ 10-29 seconds	☐ 30-59 seconds	☐ 60-119 seconds	☐ ≥ 2 minutes
Leg raise / touch object	☐ Unable to lift leg of the table		☐ Able to clear table, but cannot touch object (examiner's hand)		☐ Able to lift leg high enough to touch object (examiner's hand)	
Straight leg lift / duration	☐ Unable	☐ 1-9 seconds	☐ 10-29 seconds	☐ 30-59 seconds	☐ 60-119 seconds	☐ ≥ 2 minutes
Supine to prone	☐ Unable. Has difficulty even turning onto side; able to pull right arm under torso only slightly or not at all.		☐ Turns onto side fairly easily but cannot fully free right arm and is unable to fully assume a prone position.		☐ Easily turns onto side, has some difficulty freeing arm, but fully frees arm and assumes a prone position.	
Sit ups	☐ Hands on thighs with counterbalance	☐ Hands across chest with counterbalance	☐ Hands behind head with counterbalance	☐ Hands on thighs without counterbalance	☐ Hands across chest without counterbalance	☐ Hands behind head without counterbalance
Supine to sit	☐ Unable by self		☐ Much difficulty. Very slow, struggles greatly, barely makes it, almost unable.		☐ Some difficulty. Able but is somewhat slow, struggles some.	
Arm raise / straighten	☐ Cannot raise wrists up to level of the acromioclavicular joint.		☐ Can raise wrists at least up to the level of the acromioclavicular joint but not above top of head.		☐ Can raise wrists above top of head but cannot raise arms straight above head so that elbows are in fully extension.	
Arm raise duration	☐ Unable	☐ 1-9 seconds	☐ 10-29 seconds	☐ 30-59 seconds	☐ ≥ 60 seconds	
Floor sit: Going from a standing position to a sitting position on the floor	☐ Unable. Afraid to even try, even if allowed to use		☐ Much difficulty. Able, but needs to hold onto a chair for support during decent. Unable or unwilling to try if not allowed to use a chair for support.		☐ Some difficulty. Can go from stand to sit without using a chair for support but has at least some difficulty during decent. May need Gower's. Descends somewhat slowly and / or apprehensively; may not have full control of balance as manoeuvres into sit.	
Floor rise: going from a kneeling position to a standing position	☐ Unable, even if allowed to place hands on side of chair		☐ Much difficulty. Able, but needs to place hands on side of seat. Unable if not allowed to place hands on sides of seat.		☐ Moderate difficulty. Able, but needs to place hands on knees/thighs. Does not need to place hands on side of seat.	
All fours manoeuvre	☐ Unable to go from prone to an all-fours position.		☐ Barely able to assume and maintain all fours position. Unable to raise head to look straight ahead.		☐ Can maintain all fours position with back straight and head raised (so as to look straight ahead) but cannot creep (crawl) forward.	
Chair rise	☐ Unable to rise up from chair, even if allowed to place hands on sides of chair seat.		☐ Much difficulty. Able, but needs to place hands on side of seat. Unable if not allowed to place hands on sides of seat.		☐ Moderate difficulty. Able, but needs to place hands on knees / thighs. Does not need to place hands on side of seat.	
Stool step	☐ Unable.		☐ Much difficulty. Able but needs to place one hand on exam table (or examiner's hand).		☐ Some difficulty. Able, does not need to use exam table for support but does need to use hand on knee/thigh.	
Pick-up	☐ Unable to bend over and pick up a pencil from the floor.		☐ Much difficulty. Able, but relies heavily on support gained by placing hands on knees / thighs.		☐ Some difficulty. Has some difficulty (but not 'much difficulty'). Needs at least minimally and briefly place hand(s) on knees / thighs for support. Is somewhat slow.	
					☐ No difficulty. No compensatory manoeuvre necessary.	

Manual Muscle Testing (MMT8) score completed?

☐ No ☐ Yes, see below ☐ Unknown

Shoulder abduction	1	2	3	4	5	6	7	8	9	10
Elbow flexion	1	2	3	4	5	6	7	8	9	10
Wrist extension	1	2	3	4	5	6	7	8	9	10
Knee extension	1	2	3	4	5	6	7	8	9	10
Ankle dorsiflexion	1	2	3	4	5	6	7	8	9	10
Neck flexion	1	2	3	4	5	6	7	8	9	10
Hip abduction	1	2	3	4	5	6	7	8	9	10
Hip extension	1	2	3	4	5	6	7	8	9	10

MMT8 SCORE _____/80

CHAQ score completed? (0-3)

☐ No ☐ Yes, Score: ____ . ____ ____ ☐ Unknown

Blood tests

Results				Value (please specify unit if different from below)
CK	☐ Normal	☐ Abnormal	☐ Not done	U/L
LDH	☐ Normal	☐ Abnormal	☐ Not done	U/L
ALT	☐ Normal	☐ Abnormal	☐ Not done	U/L
AST	☐ Normal	☐ Abnormal	☐ Not done	U/L