

**RAI SELF-MONITORING ARTHRITIS AND RHEUMATOLOGY TELEMEDICINE –  
RHEUMATOID ARTHRITIS (SMART-RA)  
Patient and Caregiver Information Sheet**


Attending doctor: \_\_\_\_\_

**Patient and Caregiver Instructions**

Upon enrolment, our PSA will schedule following appointments for you:

Time Point	Appointment Type	Appointment Date
3 months later	Blood Test	
	SMART-RA Session	
6 months later	Blood Test	
	In-person Doctor Consultation	

Complete the following for your SMART-RA session:

S/N	Step	Time Point	What to Do
1	Complete Blood Test	<b>7 to 14 days</b> before SMART-RA session	<ul style="list-style-type: none"> <li>You will receive an SMS reminder to go for your blood test.</li> </ul>
2	Complete RAPID3 Questionnaire ( <a href="https://for.sg/rapid3questionnaire">https://for.sg/rapid3questionnaire</a> ) 	<b>7 days</b> before SMART-RA session	<ul style="list-style-type: none"> <li>You will receive an SMS reminder with the link to the RAPID3 questionnaire.</li> <li>Complete the questionnaire before your SMART-RA session.</li> <li>Code: <b>1000</b></li> </ul>
3	Wait for your Doctor to review your results	Day of SMART-RA session	<ul style="list-style-type: none"> <li>Your doctor will review your Blood Test and RAPID3 Report remotely and prescribe your medications.</li> </ul>

			<ul style="list-style-type: none"> <li>You <b>WILL NOT</b> need to attend the session physically or virtually.</li> </ul>
4	Arrange for medication delivery or collection	<b>1 day</b> after SMART-RA session	<ul style="list-style-type: none"> <li>You may arrange for medication delivery (\$4 delivery fee) <b>OR</b> self-collection at TTSH Pharmacy</li> </ul>
5	Attend your next physical follow up	<b>6 months</b> after your SMART-RA session	

### What if the results of my blood test and RAPID3 questionnaire are abnormal?

Your doctor will contact you or schedule an in-person consultation to review your condition with you if needed.

### Escalation of Care

#### Non-Urgent Medical Queries

In the event of a RA flare up (joint point, swelling etc.), contact us at **6889 4006 (Clinic B1A)** or **6889 4055 (Clinic B1B)** to arrange for a physical appointment.

## 风湿、过敏与免疫科

### 关节炎自我监测和风湿病远程医疗项目 – 类风湿关节炎 (SMART-RA)

给病患和看护者的温馨指引

主管治医生: \_\_\_\_\_

#### 病患及看护者的指引

在注册本项目后，我们的病患服务联系员（PSA）将为您安排以下预约：

时间点	预约类型	预约日期
3 个月后	血液检查	
	SMART-RA 远程医疗	
6 个月后	血液检查	
	医生面对面门诊	

请在您的 SMART-RA 远程医疗前完成以下步骤：

编号	步骤	时间点	您需要做的事情
1	完成血液检查	SMART-RA 远程医疗前的 <b>7 至 14 天</b>	<ul style="list-style-type: none"> <li>您将会收到短信提醒，请按时完成您的血液检查。</li> </ul>
2	完成 RAPID3 问卷 (( <a href="https://for.sg/rapid3questionnaire">https://for.sg/rapid3questionnaire</a> ) 	SMART-RA 远程医疗前的 <b>7 天</b>	<ul style="list-style-type: none"> <li>您会收到短信提醒，其中包含 RAPID3 问卷的链接。</li> <li>请在 SMART-RA 远程医疗前完成该问卷。</li> <li>问卷代码：<b>1000</b></li> </ul>

3	等待医生评估您的检查结果	SMART-RA 远程医疗当天	<ul style="list-style-type: none"> <li>• 医生会远程评估您的血液检查和 RAPID3 问卷结果，并开具药物处方。</li> <li>• 此次远程医疗<b>无需您亲自或线上参与</b>。</li> </ul>
4	安排药物递送或自行领取	SMART-RA 远程医疗后的 1 天	<ul style="list-style-type: none"> <li>• 您可选择药物送货上门（递送费用 4 新元）或前往陈笃生医院（TTSH）药房自行领取。</li> </ul>
5	参加下一次的面对面随访	SMART-RA 远程医疗后 6 个月	

### 如果我的血液检查或 RAPID3 问卷结果异常，该怎么办？

如有需要，医生会主动与您联系，并可能安排面对面门诊进一步评估您的病情。

### 病情加重时的应对指引：

#### 非紧急医疗询问：

如果您出现类风湿关节炎的病情发作（如关节疼痛、肿胀等），请拨打 6889 4006（B1A 门诊）或 6889 4055（B1B 门诊）预约面对面门诊。