

TABLE 2. Risk Assessment Tool for Autoimmune Diseases¹²

Directions: When an autoimmune condition is suspected, this risk assessment tool is to be completed after reviewing the patient's health history. The clinician should ask all questions and make treatment modifications and referrals based on clinical examination findings and the patient's responses.

Questions/Assessment	Notes	Treatment	Modifications
How would you describe your overall health?			
Have you had any changes in your health within the last year? (Examples include significant weight loss or gain, chronic or frequent colds, or flu-like symptoms.)			
Have you experienced any of the following: infection, fever, illness, stress, trauma or a motor vehicle accident?			
Have you experienced any changes in your daily activities? (Examples include being less active, more difficulty performing routine tasks — such as laundry, grocery shopping, or at work or school — sleeping, loss of interest in activities/hobbies, frustration with an inability to perform routine tasks, loss of motivation, eating or cooking.)			
Have your medications changed since your last visit or are you using your medications differently? (Examples include new medications, increasing frequency of use, taking more nonsteroidal antiinflammatory drugs, self-medication with drugs or alcohol, or use of antidepressants.)			
Have you noticed changes in eating behaviors? (Examples include less interest in food, increased eating for comfort, disinterested in or difficulty while eating out with friends.)			
Have you noticed signs or symptoms suggesting an autoimmune condition? (Examples include fatigue, arthralgia, myalgia, xerostomia, rash, gastroesophageal reflux disease, anemia, shortness of breath, chest pain, lymphadenopathy, arrhythmia, goiter or salivary gland enlargement.)			
Assess need for prophylactic antibiotics			
Assess vital signs			
Assess potential for infection			
Assess potential for medical emergency			
Assess need for supportive or assistive devices			

12. Gurenlán JR, Spolarich AE. Risk assessment for autoimmune diseases. *Dimensions of Dental Hygiene*. 2012;10(12):30–33.