

PSORIASIS EPIDEMIOLOGY SCREENING TOOL (PEST)



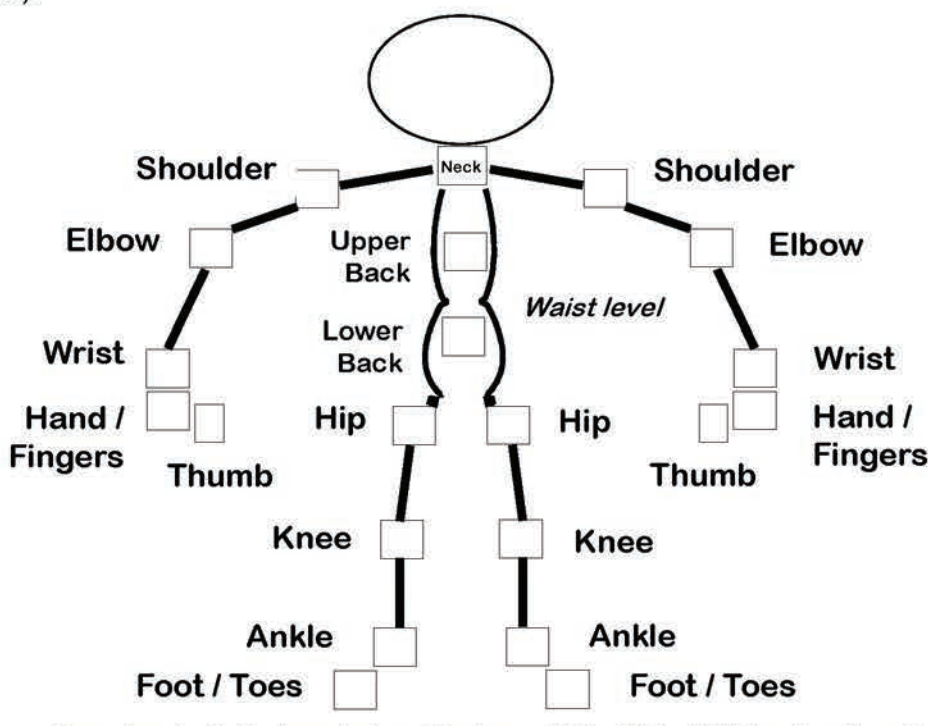
HOSPITAL NO.

PATIENT NAME

DATE OF VISIT

PEST is a validated screening tool for psoriatic arthritis (PsA) and it is recommended that patients with psoriasis who do not have a diagnosis of PsA complete an annual PEST questionnaire (NICE psoriasis guidelines 2012). A score of 3 or more indicates referral to rheumatology should be considered.

In the drawing below, please tick the joints that have caused you discomfort (i.e. stiff, swollen or painful joints).



Please answer the questions below and score 1 point for each question answered 'Yes'

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Have you ever had a swollen joint (or joints)? | ☐ | ☐ |
| 2. Has a doctor ever told you that you have arthritis? | ☐ | ☐ |
| 3. Do your finger nails or toenails have holes or pits? | ☐ | ☐ |
| 4. Have you had pain in your heel? | ☐ | ☐ |
| 5. Have you had a finger or toe that was completely swollen and painful for no apparent reason? | ☐ | ☐ |

Total

/ 5

A total score of 3 or more out of 5 is positive and indicates a referral to rheumatology should be considered