

# ARTHRITIS ALLIANCE OF CANADA NEWSLETTER

November 2016

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## ARTHRITIS ALLIANCE OF CANADA

### Annual Meeting

The InterContinental Hotel, Montreal, Quebec

October 27-28, 2016

### *Translating Arthritis: Knowledge to Action for Canadians*

October 27-28, 2016, in partnership with the CIHR Institute of Musculoskeletal Health and Arthritis and The Arthritis Society, the Arthritis Alliance of Canada (AAC) hosted their Annual Meeting program, ***“Translating Arthritis: Knowledge to Action for Canadians”***.



The program officially opened up on Thursday, October 27<sup>th</sup> with a welcoming address [video](#) from Member of

Parliament Yves Robillard, highlighting government's support for arthritis.

Participants enjoyed a fun and thought provoking panel discussion hosted by the TV political commentators Scott Reid, Marlene Floyd, Rob Silver and Tim Powers, sharing insight with the arthritis community about how things work on Parliament Hill.

During the two-day program, each of the AAC Pillar Committees hosted interactive workshops and took away great feedback and expertise shared by participants. **Please click [here](#) to view workshop presentations.**

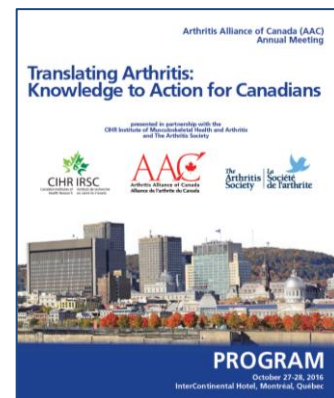
### Here's what some of our participants are saying:

*“Had great learning and networking experience. It was great interacting with the very versatile guest list of participants, doctors, patients, patient groups, researchers and vendors. Very diverse and lots of knowledge transfer.”*

*“I appreciated opportunity for discussion and breakout sessions during the meeting. I found the format of a presentation and then smaller group discussions with a report back to be very efficient and gave most people the opportunity to contribute.”*

*“Great to attend gathering of people who are interested in the collective advance of pan-Canadian strategies for arthritis care”.*

### Thanks to our sponsors for their generous support!



## Arthritis Alliance of Canada Research Awards Program Call for applications

**AAC Research Awards Program** was launched at the AAC 2016 Annual Meeting Gala Dinner, October 27th in Montreal. The program aims to nationally recognize high quality research by: (1) formally acknowledging the outstanding contributions of patient partners and scientists; (2) helping researchers in competing for and participating in national grants and programs in arthritis research; and (3) providing opportunities to highlight arthritis research via media releases. AAC will provide seven (7) awards valued at \$750 CAD/award in each of the following categories:



1. **Master Student - sponsored by McCaig Institute for Bone and Joint Health**
2. **PhD Student - sponsored by Arthritis Consumer Experts**
3. **Post-doctoral Fellow - sponsored by CIHR Institute of Musculoskeletal Health and Arthritis**
4. **Young Faculty Researcher (graduate within the first five years of faculty appointment) – sponsored by CIHR Institute of Musculoskeletal Health and Arthritis**
5. **Knowledge Translation (KT) research – sponsored by Bone and Joint Institute of the University of Western Ontario**
6. **Knowledge Translation (KT) practice - sponsored by Janssen Inc.**
7. **Patient for active engagement in arthritis research - sponsored by The Arthritis Society.**

On November 14<sup>th</sup>, a “*Call for Applications*” was sent to the community and stakeholders. The details of the AAC Research Awards Program and the accompanying application forms for 1) **an Early Career Researcher/Early Career Faculty Member** and 2) **a Patient Representative** can be viewed at: <http://www.arthritisalliance.ca/en/2016-11-08-02-26-19>.

### **Key Deadlines:**

- **Notice of intent** email (applicant name, institution, mentor, and title of research project) to be sent to AAC office: [lgazizova@arthritisalliance.ca](mailto:lgazizova@arthritisalliance.ca) by **Wednesday, December 14, 2016 (midnight ET)**.
- **Full applications** received to AAC office: [lgazizova@arthritisalliance.ca](mailto:lgazizova@arthritisalliance.ca) by **Tuesday, January 3, 2017 (midnight ET)**.
- **Decisions to be announced:** early March 2017.

## THANK YOU TO THE AAC BOARD OF DIRECTORS

At the recent Annual General Meeting, October 28<sup>th</sup> 2016 in Montreal, the AAC held its Board Election.

### **Thank you to our outgoing Board Members whose terms are finished:**

We would like to cordially thank **Ms. Cheryl Koehn**, who has completed her term as **Patient Representative** and **Ms. Terri Lupton**, for completing her term as **Member/Steering Committee Representative**. Specifically, a huge thank you to Cheryl and Terri for their extraordinary work, commitment and leadership in helping the Alliance achieve its objectives! Cheryl and Terri, we will miss you on the Board but are thrilled to continue to work with you through the Membership and AAC initiatives.



### **Welcome new Board Members:**

We would like to welcome two new **AAC Board Members**, **Ms. Jennifer Burt**, who will hold the new position on the Board, as the **Allied Health Professionals Representative** and **Mr. Michael Mallinson**, who has filled the **Patient Representative role on the AAC Board**. Jennifer and Michael, welcome, we look forward to working with you!

### **Welcome and thank you to directors who will be serving another term:**

All AAC Board members contribute considerable time and energy to governing our organization well, a huge thank you to the following directors who have been elected to serve another term:

- The Arthritis Society Representative: Ms. Janet Yale (AAC Board Chair)
- Canadian Orthopaedic Association Representative: Dr. Doug Thomson
- Corporate Representative: Mr. Andrew Casey
- Research Representative: Dr. Deborah Marshall
- Canadian Rheumatology Association Representative: Dr. Vandana Ahluwalia, will hold office until the conclusion of next years' AGM.

Please click [here](#) to view AAC Board of Directors biographies.

## QUALITY IMPROVEMENT PROJECTS IN MODELS OF CARE Patient Representatives Needed for creation of an Osteoarthritis Toolkit for Primary Care!

The [College of Family Physicians of Canada](#) (CFPC) and the [Arthritis Alliance of Canada](#) (AAC) have partnered with the [Centre for Effective Practice](#) (CEP) to develop an **Osteoarthritis Toolkit for Primary Care**. The clinical practice toolkit will be used to assist primary care providers in treating and managing patients with osteoarthritis. Your input as a **patient representative** is very important to the success of this project. If you are interested in participating in the focus group session, please sign up here by November 29, 2016: <http://surveys.effectivepractice.org/surveys/cep/patient-focus-group-registration-osteoarthritis>.



### MEMBER'S CORNER

#### THE ARTHRITIS SOCIETY

##### NATIONAL

##### Seniors Conferences in Atlantic Canada



The Arthritis Society is proud to have hosted three extraordinary “Ease The Pain: Seniors Take Charge of Arthritis” conferences funded in part by the Government of Canada’s New Horizons for Seniors Program this fall. In Halifax, Fredericton, and Charlottetown over 600 guests were empowered as they were provided with the necessary information to become better self-managers of their disease and connected with others living with arthritis.

The Society was honoured to welcome esteemed guest speakers and specialists to share practical knowledge, tips and tricks to help ease the pain for those living with arthritis, including rheumatologists, physiotherapists, pain specialists, pharmacists, dieticians, yoga instructors and occupational therapists. The all-day events kept guests moving with designated “movement breaks” with available adaptations for those with joint pain to promote healthy, active living. The feedback from attendees has been outstanding.

##### Meeting with the Task Force on Marijuana Legalization and Regulation

This October, patients from across the health care system who use cannabis for medical purposes had the opportunity to directly address the federal government’s Task Force on Marijuana Legalization and Regulation about their issues and concerns. The Arthritis Society hosted the afternoon session in Toronto, and co-facilitated it with Canadians for Fair Access to Medical Marijuana and the Canadian AIDS Society. Patients participating in the afternoon session represent a wide diversity of Canadians who currently use cannabis for medical purposes, covering everything from epilepsy to multiple sclerosis to post-traumatic stress disorder.

Task Force chair Anne McLellan and a number of other task force and secretariat members listened intently as patients expressed their concerns. The federal government must ensure that the new legal framework for legalization of recreational cannabis responds to and prioritizes patients’ needs such as accessibility, affordability, and the urgent need to fund more research. The task force is expected to table its recommendations to the government early in the New Year.

##### BRITISH COLUMBIA

##### Meet Christine...

Christine Basque joined the BC & Yukon Division as Executive Director in September, and the community is already benefiting from her innovative ideas, collaborative nature and contagious positive energy.

Previously, Christine was the Associate Vice-President of the BC Cancer Foundation, and is an incredibly respected and well-known colleague and pace-setter within the non-profit community. Christine has a strong reputation in the arthritis community as well, having worked with The Society earlier in her career as Director of Development, as well as playing a similar role with the Arthritis Research Centre of Canada, Christine brings an extensive career in fundraising, leadership and volunteer experience.



Christine's commitment and passion is evident in all that she does. Her business acumen and inclusive style are strengthened further by her keen ability to infuse heart and her own personal warmth into her relationships, considerations and choices. Welcome Christine - are we ever happy to have you with us!

## QUEBEC

### 3rd Annual Quebec Forum Brings Together Nearly 1,000 Participants

Canada's largest annual arthritis conference was once again a tremendous success, as the 3<sup>rd</sup> Annual Quebec Forum on Arthritis drew nearly 1,000 participants to Montreal's *Palais des congress* to get informed and discuss various aspects of arthritis.

The day-long event included 50 expert presentations on themes across the spectrum of living with arthritis, a separate education track for 80 health care professionals, and over 40 exhibitors offering products, services and advice. New to the Forum this year, a series of four interactive workshops and eight webinars attracted nearly 200 participants from across Canada. Thanks to all who attended!

### ARTHRITIS CONSUMER EXPERTS (ACE) JointHealth™ Education launch



Arthritis Consumer Experts (ACE) launched its “first in class” on-line patient education program called “[JointHealth™ Education](#)”. Based on findings from the global RA Narrative survey of 4,000 RA patients (EULAR JUNE 2016), the program is designed to provide information and education to enable and empower arthritis patients to have more open conversations about the things that matter the most to them in terms of their disease treatment and lives. Through lessons, quizzes and coaching videos, participants progress from being a “student” of arthritis to full-fledged “graduate”. As part of the launch, ACE introduced the first course in the program - **JointHealth™ Education: Rheumatoid Arthritis (RA)**.

The course contains six lessons that focus on topics specifically related to preparing for a rheumatology appointment, discussing and setting treatment goals and creating a treatment plan, and reviewing “real world” self-care strategies and talking to family, friends and co-workers/employers about their RA. Please pass on news of this exciting new program to your stakeholders and patients.

### Walk10Blocks app launch

Arthritis Consumer Experts has partnered with Canadian Association for Retired Persons and the Alzheimer Society of BC to develop an easy-to-use iPhone app to help people become more physically active through walking called “**Walk10Blocks**.” This innovative project is supported by ICON (Improving Cognitive & Joint Health Network), a 3-year knowledge translation network research study funded by the Canadian Institutes of Health Research and was led by Cheryl Koehn, ICON Knowledge User Team Lead, and Dr. Linda Li, Principle Investigator of ICON.

The app is now available for free on the app store and for those with an iPhone 5S or 6. To download the “Walk10Blocks” app, please [click here](#).

### ARTHRITIS HEALTH PROFESSIONS ASSOCIATION (AHPA) Consider Joining the Arthritis Health Professions Association

This next year is promising to be an exciting year to become an AHPA member. We have developed collaborations with different organizations including the Association of Rheumatology Health Professionals, Ontario Rheumatology Association and Osteoporosis Canada. Our focus at AHPA is on education and research with the ultimate goal of providing excellent care for patients with arthritis.

Becoming a member of AHPA provides members with opportunities to stay current, share knowledge and expertise, network, take part in annual conferences, apply for research grants, and more. We hope that you will consider becoming a member of AHPA. If interested please visit our website at: [www.ahpa.ca](http://www.ahpa.ca)

### ARTHRITIS RESEARCH CANADA (ARC)

**The ARHP Distinguished Lecture by Dr. Catherine Backman highlighted the need for participation and engagement to sustain well-being and living well in the presence of arthritis**

On November 14<sup>th</sup> at the 2016 ACR/ARHP Annual Meeting, Dr. Catherine Backman, presented “Doing, Being, Participating: State of the Science” as the Distinguished Lecturer, on how rheumatic disease symptoms can interrupt patients’ lives and

activities, and what interventions may empower them to overcome any perceived barriers. Examples were outlined as occupational adaptation and social role participation, in which the patient's own sense of competence and self-identity is crucial to planning and developing meaningful interventions.

For more information on this presentation, visit <http://bit.ly/ARHP-2016> and to learn more about Dr. Catherine Backman, visit [www.arthritisresearch.ca/catherine-backman](http://www.arthritisresearch.ca/catherine-backman).

## CANADIAN ARTHRITIS PATIENT ALLIANCE (CAPA)

CAPA has a number of surveys open on important topics of interest to members of the Arthritis Alliance of Canada. Please take the survey and share them within your networks!

- **Survey on the use of Methotrexate** – The purpose of the survey is to understand patient experiences in taking Methotrexate and obtain any tips and tricks on effectively taking the medication. The survey is available in [English](#) and [French](#).
- **Manulife survey** – The purpose of the survey is for patients to share their perspective on how they receive their medications. It is open to people with inflammatory arthritis and can be found [here](#).



All of the surveys will only require a few minutes of your time. All answers will remain anonymous and no identifying information about you is collected. Stay informed about these and other CAPA initiatives by subscribing to our mailing list on the CAPA [website](#).

## CIHR INSTITUTE OF MUSCULOSKELETAL HEALTH AND ARTHRITIS



CIHR – IMHA was very active in patient engagement and community outreach this fall, having involved over 120 stakeholders in September's **Canadian Pain Research Summit**. Researchers, clinicians, patients and patient advocates gave feedback, calling for more investment in research on pain therapeutics.

In October, CIHR – IMHA added eight new **Research Ambassadors** to our patient stakeholder group at a fall meeting held alongside the AAC's AGM at which CIHR – IMHA hosted a workshop on patient engagement in research. Guest speakers included Suzanne Schrandt, Director of Patient Engagement, Arthritis Foundation (US), and panelists Sylvain Bédard and Alexandre Berkesse of the Centre of Excellence on Patient and Public Partnership, Hani El-Gabalawy, Scientific Director of CIHR – IMHA, and Allan Stordy, Canadian Skin Patient Alliance.

## CANADIAN RHEUMATOLOGY ASSOCIATION New website resources

To help support best practices, the CRA has recently added new clinical resources to their website including a Chart Audit Library and Non-Insured Health Benefits (NIHB) reference documents. [Click here](#) to read more about how chart audits can help you discover what you are really doing rather than what you think you are doing. For NIHB program resources and Rheumatology cheat sheets, [click here](#).



## McCAIG INSTITUTE OF BONE AND JOINT Wood Forum on Arthritis and You

In collaboration with the University of Alberta's Faculty of Rehabilitation Medicine, the McCaig Institute hosted the 2016 Wood Forums on Arthritis and You. Hundreds attended the events in Edmonton and Calgary to learn about the latest research advances in precision medicine, with a focus on the importance of making the right diagnosis and providing the right treatment, at the right time for the right patient.

Guest speakers spoke about biomarker technology, stem cell therapy advances and regulations, and what people can do now to live a good life with arthritis. In Calgary, McCaig Institute Director Steven Boyd gave a presentation on the future of precision medicine in the University of Calgary's new Centre for Mobility and Joint Health.

# Community Updates

## ADVANCED CLINICIAN PRACTITIONER IN ARTHRITIS CARE (ACPAC) PROGRAM

The directors of the Advanced Clinician Practitioner in Arthritis Care (ACPAC) Program extend a warm welcome to the 7 trainees accepted into the 2016-2017 program offered through the Office of Continuing Professional Development, Faculty of Medicine at the University of Toronto. This cohort will participate in the ACPAC program between October 17, 2016- June 9, 2017 and includes the following trainees:

- Jennifer Burt (PT): St. John's, Newfoundland
- Bala Madhu (OT): Toronto, Ontario
- Gifitii Kebede (RN): Toronto, Ontario
- Nada Khairallah (PT): Brampton, Ontario
- Emily May (PT): Toronto, Ontario
- Kathy Russell (RN): Newmarket, Ontario
- Eric Wilkins (RN): Thunder Bay, Ontario



The ACPAC Program continues to celebrate its ability to attract excellent candidates from coast to coast. We are proud of the ACPAC Program in its effort to reach out at a national level and to improve new models of arthritis care across Canada through human health resource development. Information about the application process for the 2017-2018 program will be posted in **January, 2017** at [www.acpacprogram.ca](http://www.acpacprogram.ca).

## CANADIAN RHEUMATOLOGY ADMINISTRATIVE DATA (CANRAD) NETWORK


The CANRAD Network team includes a variety of decision makers, epidemiologists, clinicians and researchers interested in the use of administrative data for rheumatic disease research. We invite you all to our CANRAD Network Winter Webinar, featuring presentations by Drs. Juan Antonio Avina-Zubieta and Diane Lacaille of the University of British Columbia. For more information pertaining to our webinar or all other information concerning the CANRADNetwork, please contact Autumn Neville at [autumn.neville@rimuhc.ca](mailto:autumn.neville@rimuhc.ca) or visit our website <http://www.canradnetwork.ca/>.



The CANadian Network for Advanced Interdisciplinary Methods for comparative effectiveness research (CAN-AIM) objective is to respond to key knowledge gaps regarding drug safety and effectiveness by answering queries which arise from Health Canada and other regulatory parties. Recently we received additional funding from CIHR to work with important cohorts to help answer queries, including CATCH, PiMS, CanHepC and GENESIS-PRAXY. Also, we will be joining DSECT's webinar series to host webinars our team members. For information on our queries, on our upcoming webinars or for more information on our team, please contact Autumn Neville at [autumn.neville@rimuhc.ca](mailto:autumn.neville@rimuhc.ca) or visit our website <http://canaim.ca/>.



## Calendar of Events



Canadian Rheumatology Association Annual Scientific Meeting and AHPA Annual Meeting	February 8-11, 2017	Ottawa, Ontario
Inflammatory Bowel Diseases, 12 <sup>th</sup> Congress of the European Crohn's and Colitis Organisation	February 15-18, 2017	Barcelona/, Spain
Global Summit on the Physical Activity of Children: Active Living Research Conference	February 26 - March 1, 2017	Clearwater Beach, Florida.
American Association of Orthopaedic Surgeons Annual Meeting	March 14-18, 2017	San Diego, California
Orthopaedic Research Society Annual Meeting	March 19 – 22, 2017	San Diego, California
Ontario Physiotherapy Association - InterACTION	March 31-April 1, 2017	Toronto, ON
The Joint Affair gala in Honour of Dr. Anthony S. Russell by The Arthritis Society	March 27, 2017	Edmonton, Alberta
OARSI World Congress	April 27- 30, 2017	Las Vegas, United States
Pediatric Orthopaedic Society of North America AGM	May 3-6, 2017	Barcelona, Spain

### ABOUT THE ARTHRITIS ALLIANCE OF CANADA

With more than 30 member organizations, the Arthritis Alliance brings together arthritis health care professionals, researchers, funding agencies, governments, voluntary sector agencies, industry and, most importantly, representatives from arthritis consumer organizations from across Canada. While each member organization continues its own work, the Alliance provides a central focus for national arthritis-related initiatives.

For more information about the Arthritis Alliance, please contact: Jaime Coish at [jcoish@arthritisalliance.ca](mailto:jcoish@arthritisalliance.ca) or visit our website: [www.arthritisalliance.ca](http://www.arthritisalliance.ca)