

# ARTHRITIS ALLIANCE OF CANADA

## NEWSLETTER

May 2017

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### ARTHRITIS ALLIANCE OF CANADA

#### COLLABORATION WITH THE COLLEGE OF FAMILY PHYSICIANS OF CANADA ON DEVELOPING An Osteoarthritis (OA) Tool for Family Practice

The OA Tool is in its final stage of development. The [College of Family Physicians of Canada](#) (CFPC) presented an update of the Tool at the April 13<sup>th</sup> [Arthritis Alliance of Canada](#) (AAC) Members Meeting in Toronto. AAC Members provided very valuable feedback that is being considered by the [Centre for Effective Practice](#) (CEP) and the Clinical Working Group (CWG) as they work to refine the Tool into its final version. To accommodate for refinements, approval, desktop publishing and French translation, the launch date of the Tool is expected to be mid-June 2017. In collaboration, The College of Family Physicians of Canada (CFPC) and the AAC Advocacy and Awareness team, are working to prepare an OA Tool launch kit to support dissemination amongst our Members and key stakeholders. The launch kit will be sent to Members in advance.

If you would like more information about this project, please contact Jaime Coish [jcoish@arthritisalliance.ca](mailto:jcoish@arthritisalliance.ca).

#### 2017 Annual Meeting in Vancouver

#### ***"Change is Good: Implementing Arthritis Models of Care"***

#### Annual Meeting Program Outline:

##### Wednesday, October 25

- *The Arthritis Society Trainee Workshop-closed session (half-day)*

##### Thursday, October 26

- *The Arthritis Society Trainee Workshop-closed session (half-day)*

##### Thursday, October 26

- AAC Annual General Meeting/Business Meeting
- Arthritis Consumer-Patient Organizations and Groups Coalition Workshop
- AAC Research Workshop (*Advocacy perspective is integrated in the workshop program*)
- **Reception:**
  - Poster Viewing Session
  - Remarks/AAC Research Awards
  - The Qualman-Davies Arthritis Consumer Community Award
  - The Arthritis Society Trainee Awards



Annual Meeting  
ARTHURITIS ALLIANCE OF CANADA

Save the date!

Thursday, October 26-  
Friday, October 27, 2017

Marriott Vancouver Pinnacle Downtown  
VANCOUVER, BRITISH COLUMBIA

www.arthritisalliance.ca

In partnership with  
The Arthritis Society

Arthritis Society  
Société de l'arthrite

##### Friday, October 28, 2016

- AAC Inflammatory Arthritis Models of Care Workshop (*Advocacy perspective is integrated in the workshop program*)
- AAC Osteoarthritis Models of Care Workshop (*Advocacy perspective is integrated in the workshop program*)

***We look forward to your participation and engagement in Vancouver!***

## Arthritis Alliance of Canada (AAC) Staff Update Executive Director Maternity Leave Opportunity

Dear Readers,

On behalf of the AAC Board of Directors, I am so pleased to congratulate Jaime Coish on the expected arrival of a baby girl, September 2017. Having a baby is a wonderful and exciting time and we wish her all the best! Jaime's maternity leave will commence late August 2017. As such, over the next couple of months I will be leading a search committee to secure the ideal candidate to fulfill the role of Executive Director for a 12 month contract.

Please click [here](#) to view the details of this exciting opportunity. If you are interested in, and qualified for this role, please submit a cover letter and resume in the strictest of confidence to Ms. Janet Yale, Chair, Arthritis Alliance of Canada, [jyale@arthritis.ca](mailto:jyale@arthritis.ca) by **June 30, 2017**.

Sincerely,

Janet Yale  
Board Chair, AAC



## MEMBER'S CORNER

### ALBERTA BONE AND JOINT HEALTH INSTITUTE

#### Seed Grant Lays Foundation for Research to Identify Effective Treatment Strategies for Obese Patients with Arthritis

A research team led by Behnam Sharif, [Alberta Bone and Joint Health Institute](#)'s (ABJHI) postdoctoral fellow, and Deborah Marshall, ABJHI's research director, has been awarded a seed grant to conduct research groundwork that could lead to new and better ways to manage obese patients with osteoarthritis (OA). The grant was awarded by Alberta Health Services' [Diabetes, Obesity and Nutrition Strategic Clinical Network](#). It will be used to gather evidence on effective strategies for managing obesity in people with OA and to select the strategies that would be most effective. An estimated one in eight adults in Alberta has OA.



*Drs. Deborah Marshall and  
Behnam Sharif*

"This work will give us the foundation we need for the next stage, which will be a proposal to develop a 'what-if' computer model that could demonstrate how the selected obesity management strategies would perform when used on individual patients," Dr. Sharif said. "It would be the first tool for determining the effectiveness of obesity management strategies at the individual OA patient level taking into consideration the patient's individual characteristics and health condition."

#### BJH SCN's Scientific Office Impressed with Pilot Student Competition for Evidence-based Solutions in Health Care

Alberta Health Services' [Bone and Joint Health Strategic Clinical Network](#) (BJH SCN) is planning to engage university students across Alberta in proposing solutions to address real-world clinical issues in treating osteoarthritis (OA) patients after a successful pilot to test the idea at the University of Calgary. The pilot was a collaboration between the University of Calgary's [Cumming School of Medicine](#) (Division of Orthopaedics) and [Alberta Bone and Joint Health Institute](#) and was sponsored by the BJH SCN's Scientific Office.

The winning team of Nicole Thompson, Christopher Hewison, and Kirsten Barton devised a screening tool clinicians can use to increase their patients' willingness to make lifestyle changes that will reduce their risk of complications. The students say

their screening tool, which includes a questionnaire and motivational interviewing techniques, would help patients understand and accept lifestyle changes such as diet and exercise that could mean better outcomes from surgery.

## ARTHRITIS CONSUMER EXPERTS (ACE)

### KT Connects Webinar - Citizen as KT Agent: Keeping the government informed about research

ACE participated in a webinar, hosted by The Michael Smith Foundation of Health Research and Arthritis Research Canada as part of a series of monthly expert-led, *beginner-level* KT training webinars with the goal of developing a sustainable resource for researchers and trainees to learn knowledge and skills that will enable them to develop KT practice in their work. Cheryl Koehn's presentation focused on the important role citizens play in volunteering, working with and bridging the research community and policy maker worlds.



### World Autoimmune Arthritis Day

Arthritis Consumer Experts participated in the global "virtual race" on World Autoimmune Arthritis Day, which occurs on May 20 annually. The event aimed to drive awareness for autoimmune and auto-inflammatory arthritis. Together with dozens of nonprofits, advocates, and experts from around the world, ACE provided educational and awareness information to patients, their supporters, and the public. To view the event on Facebook and Twitter, please search using the hashtag #WAAD17.

### Please share this research: "Preventing Rheumatoid Arthritis (Pre-RA): perspectives of people with RA, people at risk and of rheumatologists"

This research study is funded by the Canadian Rheumatology Association's Initiative for Outcomes in Rheumatology cAre (CIORA) and aims to understand the perspectives of people with rheumatoid arthritis (RA), those at risk of RA and health care providers about potential treatments aimed at preventing rheumatoid arthritis. Arthritis Consumer Experts would like you to share this study with someone you know living with rheumatoid arthritis and their family members. To join the study, please [click here](#) if you are a patient with RA or [click here](#) if you are an immediate family member of someone with RA.

## ARTHRITIS RESEARCH CANADA

### Study finds first evidence the DASH diet will lower risk of gout, 'western' dietary pattern associated with a higher risk of gout



A new study [published in the BMJ](#) by Arthritis Research Canada's Sharan Rai, MSc, and Hyon Choi, MD, DrPH, has found strong evidence linking two dietary patterns and the risk of gout. Gout is the most common form of inflammatory arthritis and increasing amongst populations in Canada, the U.S., and the U.K. The results of this study suggest that following an established diet known to treat hypertension (called the DASH diet) may also reduce the risk of developing gout in men. The authors prospectively analyzed 26 years of data and found a decreased risk of gout

among those with a higher DASH diet score – which emphasizes increased consumption of fruits, vegetables and low-fat dairy products – while those following a more typical "Western" diet had an increased risk of gout. For more information, please visit: <http://bit.ly/2q54Q08>.

## THE ARTHRITIS SOCIETY

### NATIONAL

### Announcing Stop Childhood Arthritis

Earlier this month, The Arthritis Society announced its commitment to funding \$5M in childhood arthritis research over the next five years. This investment will fund ground-breaking research into personalized medicine for childhood arthritis, so that no child has to live with unnecessary pain.

[Stop Childhood Arthritis](#) will accelerate the vital and talented work of the Canadian Pediatric Rheumatology Research community, who are close to taking a quantum leap forward in the ability to test for, target and treat childhood arthritis earlier, with greater accuracy and fewer side effects. Read the [full announcement here](#).



## Clinical Practice Skills for Inflammatory Arthritis

This year's [Clinical Practice Skills for Inflammatory Arthritis \(CPSIA\)](#) course was a resounding success. CPSIA is an annual professional development program that has evolved with the evidence and the learning needs of today's interdisciplinary team. The 4-day program develops participants' clinical practice skills through online, didactic, interactive and experiential learning on the most prevalent arthritis conditions. Participants who complete all requirements receive a Certificate of Program Completion issued by The Arthritis Society.

One of the Patient Partners volunteers who provided hands-on learning for the participants had this to say about the experience:

*"I was humbled and awed by the skills, abilities and knowledge of The Arthritis Society staff. The priceless knowledge translation taking place between the trainers and the participants will result in improved care for so many arthritis patients. I was touched to see so many talented healthcare professionals who wanted to know more about inflammatory arthritis, and to DO more for people with inflammatory arthritis. It was very uplifting to experience such genuine interest in patient care."*

Registration for the next course will open in the New Year.

## CAREER OPPORTUNITY, CHIEF SCIENTIFIC OFFICER

The Arthritis Society is recruiting for a Chief Science Officer and would appreciate you distributing the profile in your networks. Please follow the link: <http://arthritis.ca/about-us/careers/nat-chief-science-officer-june-30-2017>

## BRITISH COLUMBIA

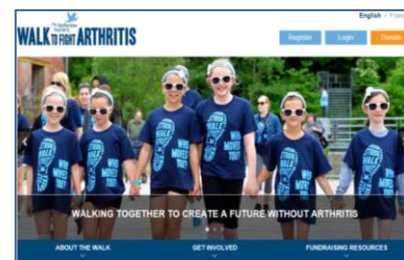
### Election Strategy in British Columbia

To empower the arthritis community of British Columbia in the lead up to the recent provincial election, The Arthritis Society, BC & Yukon Division, developed an election strategy "toolkit". This specifically created webpage was designed to be a one-stop shop of different elements and tools to encourage and inspire people living with arthritis and stakeholder groups, to connect with candidates in every riding about the urgent need for arthritis to become a healthcare priority. The toolkit was a catalyst for action and self-advocacy as people from around the province visited the webpage for ideas, content and candidate contact information. Click on the provincial flag at [arthritis.ca/bc](http://arthritis.ca/bc) to explore the page and view responses.

## ONTARIO

### Walk to Fight Arthritis: Pop-Up Educational Expo

The Society's inaugural Pop-Up Educational Expo will be held in Ontario on June 4, 2017. This pilot initiative will be held in Toronto and Kitchener on June 4, 2017. Leveraging the many patients, family members, and members of the public that will be present for The Society's Walk to Fight Arthritis event that will be held on that day, this educational expo will feature a number of experiences and programming that are designed to 1) impart knowledge about current options available to help patients with arthritis increase awareness and 2) help non-patients understand arthritis and what it is like to live with arthritis. Register at [www.walktofightarthritis.ca](http://www.walktofightarthritis.ca).



## QUEBEC

### The Quebec Forum on Arthritis is growing

For its 4th edition of the Quebec Forum on Arthritis, The Arthritis Society returns to Quebec City to offer you a full-day event complete with 20 seminars and workshops, and a ton of arthritis-related activities and resources. The exhibitor fair will allow you to discover products and services geared toward people living with rheumatic diseases. Five of the seminars will be available on the Web throughout Canada, allowing you to attend from the comfort of your home!

As well, two satellite events will be offered in Granby and Sherbrooke. These mini-Forums will feature webcast seminars from the main event and some will include live seminars given by local stakeholders. All presentations will be in French. The 4th Quebec Forum on Arthritis, it's serious business! Go to [rencontrearthritequebec.ca](http://rencontrearthritequebec.ca) to register.

## BONE AND JOINT CANADA GLA:D™ Canada Program



Bone and Joint Canada continues to implement the GLA:D™ Canada education and exercise program for individuals with hip and knee osteoarthritis across Canada. To date, in 2017, the 1.5 day training session has been held in Ontario, British Columbia, and New Brunswick with a session scheduled at the end of June in Manitoba. The training has been attended by physiotherapists, chiropractors, kinesiologists as well as by a registered nurse practitioner with experience in exercise. Programs are currently being launched in private and publicly funded physiotherapy and chiropractic clinics as well as in gyms. Additional training sessions will be held in Alberta and Newfoundland in the fall of 2017. Registration for the training sessions and information on the locations of the clinics is available on the web site <http://gladcanada.ca>. GLA:D™ Canada is licensed to the Canadian Orthopaedic Foundation

## CANADIAN ARTHRITIS PATIENT ALLIANCE

The CAPA [Spring Newsletter](#) was released in mid-May and includes a report of what we've been up to over the last few months. Key highlights of the newsletter include:



- CAPA's participation in the CADTH Symposium including oral and poster presentations on a variety of topics including the results of our [Methotrexate survey](#), fair drug pricing, our participation in the patient input process and our involvement in the patient-developed patient treatment decision guide;
- Articles on the [Choosing Wisely](#) initiative and results of a [research study](#) of the impact of arthritis on employment;
- Information concerning the CAPA and The Arthritis Society [strategic partnership](#).

CAPA Board Member, Laurie Proulx, will be presenting at the EULAR meeting in Madrid, Spain on June 14<sup>th</sup>. If you will be there, be sure to attend her presentation on the pregnancy and parenting with arthritis educational resource.

## CANADIAN RHEUMATOLOGY ASSOCIATION CRA Biosimilars Statement

The landscape of biologic treatments for rheumatic diseases is in rapid evolution. This is particularly true in the context of the introduction of biosimilar products to the Canadian marketplace. The CRA has developed a position statement specifically regarding switching, substitution, and interchangeability of biosimilar and innovator molecules in order to guide Rheumatologists when providing competent clinical care. It is acknowledged that this statement is applicable to the present time, and will likely be revised in time when more clinical and scientific evidence is available. [Read the CRA Position Statement on Biosimilars and Innovator Molecules.](#)

## McCAIG INSTITUTE FOR BONE AND JOINT HEALTH



This month several McCaig Institute members received grants and awards. McCaig deputy director Kevin Hildebrand received a 2017 Canadian Certified Physician Executive (CCPE) Award from the Canadian Society of Physician Leaders. Dr. Deborah Marshall was successful in the Alberta Precision Health Initiative Development Grant competition for her team's project to overcome the barriers to integrating precision health data and accelerate its translation and application into practice in the context of inflammatory arthritis. Also, in mid-May the McCaig Institute launched its new website: [mccaig.ucalgary.ca](http://mccaig.ucalgary.ca).

# Community Updates

## CENTRE FOR HIP HEALTH AND MOBILITY

### Patient views on quality indicator resources for hip and knee replacement rehabilitation: a Canada-wide survey

Researchers at the Centre for Hip Health and Mobility in Vancouver have developed quality indicators (QIs) for hip and knee replacement rehabilitation. Quality indicators state the quality of rehabilitation care that all patients having a joint replacement for hip or knee osteoarthritis (OA) should expect to receive. We are now creating a 'toolkit' to help people like you and your families learn about these QIs and use them to:



- make informed decisions about your rehabilitation options
- track the quality of care you receive
- communicate your needs with your healthcare team

We are conducting a survey to learn what types of resources and information patients would like to have in this EQUIP-TJR toolkit. This short anonymous survey will help us to learn whether patient preferences differ between provinces and ensure we are developing tools that meet a variety of needs. You are eligible to participate in this survey if you:

- Are 19 years of age or older AND
- Have osteoarthritis of the hip or knee and waiting for hip or knee replacement surgery OR
- Have had joint replacement surgery for hip or knee osteoarthritis in the past year

We encourage you to share the survey link with others who you think may be interested and also meet these characteristics. The survey is open until: **June 30<sup>th</sup>, 2017**. Click here to take the survey:

<https://redcap.mobilityandhealth.ca/redcap/surveys/?s=YLA3T7PDKL> (or copy and paste the URL into your browser).

## CANADIAN RHEUMATOLOGY ADMINISTRATIVE DATA NETWORK (CANRAD)



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 held a successful CANRAD Network Meeting during 2017 CRA Annual Scientific Meeting & AHPA Annual Meeting in Ottawa, ON and we will be organizing another CANRAD Network Webinar this fall! For more information pertaining to our webinars or all other information concerning the CANRAD Network, 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. Our team has collaborated with DSECT's webinar series; we encourage you to attend the very informative sessions. We held a successful CAN-AIM DSEN meeting in February with team members to review on-going projects and discuss new, emerging queries that may be of interest. Discussions led to exciting new ways in which our team can expand. 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/>.



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## SCLERODERMA CANADA

### Getting Ready for Scleroderma Awareness Month of June



June is scleroderma awareness month, and 14 walks are happening across Canada to raise awareness and much needed funds for research for scleroderma – research is our only hope for a cure. The walk on June 4 in Valemount, BC, will be a combined walk with ALS and Arthritis walks. June 29<sup>th</sup> is World Scleroderma Day, as Swiss artist Paul Klee passed away from scleroderma on June 29, 1940.

## Calendar of Events



The Arthritis Society Walk to Fight Arthritis	June 4, 2017	Toronto, Ontario
EULAR Congress 2017 Annual European Congress of Rheumatology	June 14-17, 2017	Madrid, Spain
ACR/EULAR Exchange Program 2017	June 14-17, 2017	Madrid, Spain
Canadian Orthopaedic Association Annual Meeting	June 15-18, 2017	Ottawa, Ontario
SOAR 2017	June 23-25, 2017	Fox Harb'r, Nova Scotia
2017 Rheumatology Research Workshop	June 24-25, 2017	St. Louis, Missouri, USA
Ten Topics in Rheumatology 2017	July 13-14, 2017	London, United Kingdom
American Orthopedic Society for Sports Medicine Annual Meeting	July 20-27, 2017	Toronto, Ontario
19th Asia Pacific League of Association for Rheumatology Congress	October 16-20, 2017	Dubai, UAE
AMRQ Annual Conference 2017	October 19-21, 2017	Estérel Resort, Québec
Arthritis Research Canada – Reaching Out with Arthritis Research (ROAR)	October 21, 2017	Vancouver, British Columbia
Arthritis Alliance of Canada 2017 Annual Meeting	October 26-27, 2017	Vancouver, British Columbia
Canadian Rheumatology Association's Canada Night in San Diego	November 6, 2017	San Diego, California
ACR/ARHP Annual Meeting 2017	November 3 - 8, 2017	San Diego, California
Family Medicine Forum	November 8-11, 2017	Montreal, Quebec
LACA 2017, 6th Latin American Congress on Autoimmunity	November 26-29, 2017	Cancun, Mexico
2018 CRA Annual Scientific Meeting & AHPA Annual Meeting	February 21-24, 2018	Vancouver, British Columbia
10th International Symposium on Nutritional Aspects of Osteoporosis	November 28-December 1, 2017	Kowloon, Hong Kong
38th SICOT Orthopaedic World Congress	November 30-December 2, 2017	Cape Town, South Africa

### 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)