Patients should understand that inflammatory arthritis is not “just arthritis” — joint inflammation, pain and fatigue are hallmark symptoms

Early identification, assessment and referral to appropriate specialists are essential steps in proper disease management

The management of inflammatory arthritis is complex and requires consistent and frequent monitoring with an arthritis specialist to ensure effectiveness of treatment and care

Treatment decisions should be made through agreement between the patient and the healthcare team. There must be adherence to the treatment plan including appropriate lifestyle changes

The patient should be fully knowledgeable about their disease and the importance of closely following the treatment plan

My joints started to feel stiff and painful so I made an appointment with my doctor” — Claire

“I have the help I need, when I need it” — Liu

“When I notice significant changes in my disease I contact my specialist before things get worse” — Arjun

“Everyone on my healthcare team is on the same page — including me. I understand and agree with my treatment plan” — Sarah

“I have the knowledge, skills and resources to practice self-care” — Geeta
**Patient Resources**

**Inflammatory Arthritis Model of Care**

**ACE - JointHealth**

- **ArthritisID app**
  - Available in the App Store
  - Featuring evidence based information to help detect, treat and manage arthritis

- **Disease Spotlights**
  - Click on “about arthritis” at Joinhealth.org
  - Easy to read factsheets about different types of arthritis

- **Medications Report Card & Guide**
  - Visit “programs” at Joinhealth.org
  - Information on available therapy options, side effects, route of administration and coverage of medication from province to province

- **Biosim-Exchange**
  - Click on “Biosim exchange” tab at Joinhealth.org
  - Information hub with latest biosimilars news and background analysis

- **JointHealth™ Education**
  - Visit “programs” at Joinhealth.org
  - Online education program to help patients succeed as leader of their healthcare team

- **JointHealth™ express**
  - Visit “programs” at Joinhealth.org
  - Breaking news on arthritis, presented in both French and English.

**Arthritis Society**

- **Symptom Checker**
  - Click on “about arthritis” at arthritis.ca
  - Simple tool to help patients communicate more effectively with healthcare providers about symptoms they are experiencing

- **Medications Reference Guide**
  - Visit “treatment”, “medication” at arthritis.ca
  - Helps patients make informed decisions about treatment plans
  - Includes medication dosages, effectiveness, side-effects & warnings

- **You and Your Healthcare Provider**
  - Visit “support and education”, “online learning” at arthritis.ca
  - A guide for effective conversations with various members of one’s healthcare team

- **Mental Health & Well-being**
  - Visit “support and education”, “online learning” at arthritis.ca
  - Provides guidance for managing emotions related to living with a chronic disease

**Canadian Arthritis Patient Alliance**

- **Arthritis Patient Charter**
  - Visit “projects” at arthritispatient.ca
  - States the rights and responsibilities of arthritis patients

- **Pregnancy and Parenting with Arthritis**
  - Visit “information and resources” at arthritispatient.ca
  - Research discussing pregnancy and parenting with arthritis

- **General Resources**
  - Visit “information and resources” at arthritispatient.ca
  - List of additional trustworthy resources for patients

**Arthritis Research Canada**

- **ANSWER**
  - Visit “tools” at arthritisresearch.ca
  - Tool to help patients with RA decide if Methotrexate is the right treatment option

- **Lifestyle Management Guide**
  - Visit “research” at arthritisresearch.ca
  - Current and completed arthritis research happening in Canada
  - Opportunities for patient participation

**Spondylitis Association**

- **Facebook support group**
  - Visit “social networks” at spondylitis.ca
  - Online support for those living with spondyloarthritis

- **Community support group**
  - Visit “support and community” at spondylitis.ca
  - In person support for those living with spondyloarthritis

- **AS Health Storylines app**
  - Available in the App Store
  - Allows patients to record symptoms, fatigue levels, mood and more.

- **Spondyloarthritis Facts & Figures**
  - “Spondyloarthritis” at spondylitis.ca
  - Easy to understand information about spondyloarthritis for patients and their families

**Member organizations and groups of the Arthritis Alliance of Canada**

Serving Canadians with all forms of arthritis