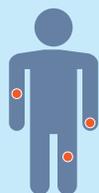


Key Elements Inflammatory Arthritis Model of Care

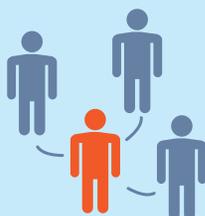
Recognizing Symptoms and Seeking Care



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

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

Access to Specialist Care



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

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

Medical 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

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

Shared 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

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

Patient Self Care



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

“I have the knowledge, skills and resources to practice self-care”
– Geeta

Patient Resources

Inflammatory Arthritis Model of Care

ACE -JointHealth

Joinhealth.org



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

arthritis.ca



Symptom Checker

- Click on “about arthritis” at arthritis.ca
- Simple tool to help patients communicate more effectively with healthcare providers about symptoms their 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 ones’ 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

arthritispatient.ca



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

arthritisresearch.ca



ANSWER

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

Lifestyle Management Guide

- Visit “tools” at arthritisresearch.ca
- Over 150 techniques for everyday living; created by patients, for patients

Current Research

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

Arthritis Patient Advisory Board

- Visit “Arthritis Patient Advisory Board” tab at arthritisresearch.ca
- Patient advocates bring personal knowledge and experience to arthritis research

Canadian Spondylitis Association

spondylitis.ca



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