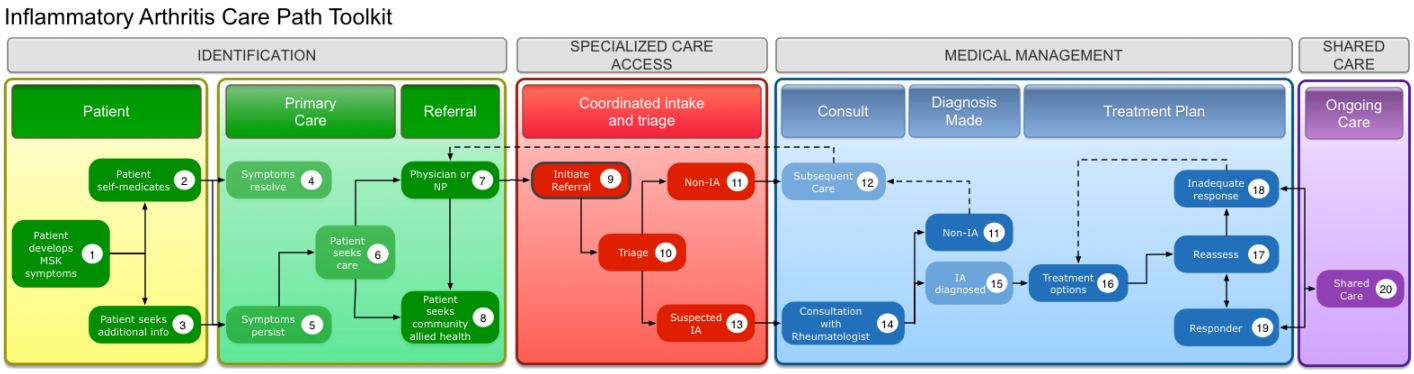
# Inflammatory Arthritis Care Path Toolkit




August, 2014

Arthritis Alliance of Canada
Alliance de l'arthrite du Canada

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**The Alliance intends that this web-based resource be regularly updated. Please contact us at jcoish@mtsinai.on.ca if you have an update or an addition to the toolkit.**


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# Introduction

## Background

It is estimated that one million Canadians live with inflammatory types of arthritis (IA). Its most common forms include rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and juvenile idiopathic arthritis. The current pattern of health care delivery to those living with IA is in crisis: the economic burden is expected to double within a generation, and the number of rheumatologists in Canada is already insufficient to provide timely care.

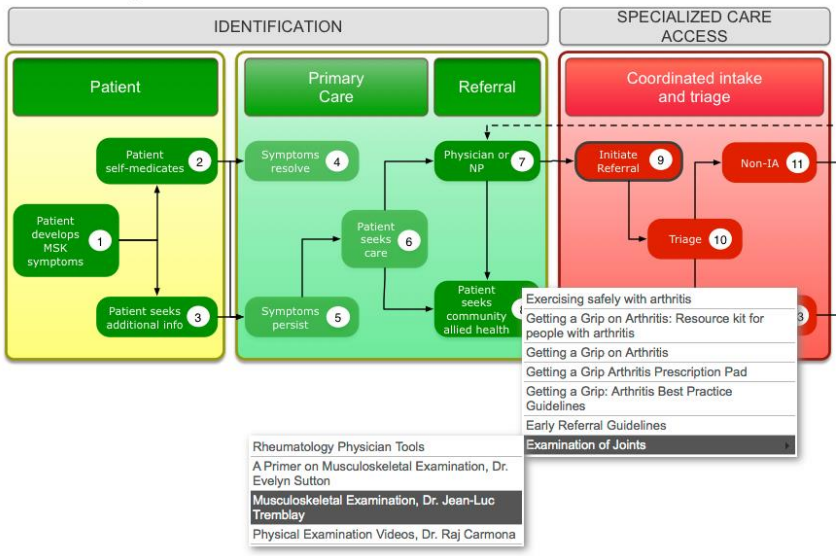
*A pan-Canadian Approach to Inflammatory Arthritis Models of Care* has been prepared by the Arthritis Alliance of Canada (AAC) in response to these challenges, to improve the way health care is delivered to patients with IA.

This document describes the framework for models of care for IA in Canada. AAC acknowledges that this is an important first step in improving the care of individuals with IA.

Additionally, the AAC has developed this "Care Path for Inflammatory Arthritis", a comprehensive map of a patient's journey through the health care system, along with a toolkit for each step along the way. This can be found on the AAC website (www.arthritisalliance.ca) and is meant to be a living document in the sense that the tools will be continually adapted and modified over time.

**Figure 1**

Inflammatory Arthritis Care Path Toolkit




## Tool Selection

This toolkit was developed to provide a list of relevant, available tools to assist in the movement of the patient through the Care Path. All relevant tools as identified by the various stakeholders engaged in this project are included here. The validation of all tools provided in this toolkit is beyond the scope of this project.

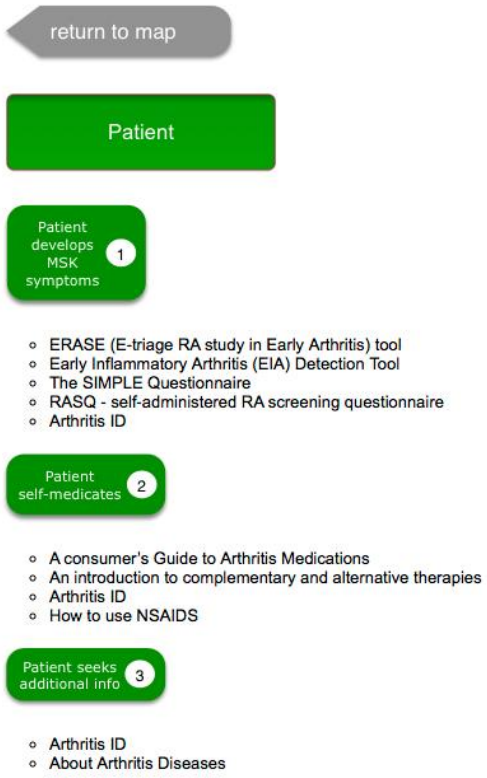
## How To Use This Toolkit

Two formats of the toolkit are available;

1. The web version of this toolkit, available at www.arthritisalliance.ca. This version allows the user to scroll over the boxes and select tools from a dropdown menu, as shown in Figure 1:

The web version also contains an alternate view, whereby, the user can click a specific section (i.e. Identification) and view a complete list of tools pertaining to only that section, as shown in Figure 2.

**Figure 2**




2. The second version of the toolkit is this living document, organized by order of the Care Path, boxes 1 through 20, with a resource link for each tool.

***The Alliance intends that this web-based resource be regularly updated. Please contact us at jcoish@arthritisalliance.ca if you have an update or an addition to the toolkit.***

# Disclaimer

The Arthritis Alliance of Canada (AAC) is very pleased to support and make the Inflammatory Arthritis Care Path Toolkit available for download. The toolkit was a collaborative project designed to assist professionals as they assist adult patients through the continuum of care. It is intended to help design systems/care paths to assist in the movement of the patients through the continuum of care, with supporting tools.

**Important Disclaimer to the Inflammatory Arthritis Care Path Toolkit**

The Toolkit is intended to be an educational tool and a useful resource for care providers, patients and other stakeholders. It is **not** a substitute for qualified and competent advice or the exercise of professional and clinical judgment. This Care Path is intended for use with adult patients, the age of majority and older. The Inflammatory Arthritis Care Path is not recommended for use in paediatric patients.

While care was used in the preparation of the Toolkit, the AAC disclaims any warranty as to the accuracy and completeness of the Toolkit. Neither AAC nor the contributors to the Toolkit assume any liability or responsibility for any harm, damage or injury (including death) to you, other persons or property arising from any use of any product, information, idea or instruction contained in the Toolkit or any other content or services provided to you by AAC.

The information presented by the AAC is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or healthcare provider to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. The information should not be assumed to be complete and should not be used in place of advice of your physician or other health care provider. We do not recommend the self-management of health problems without explicit advice of a physician that it is safe to do so. Should you have any health care-related questions, call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read in the Toolkit.

**By accessing or downloading the Toolkit you are agreeing to the above terms.**

Toolkit

# Identification

## PATIENT

### Patient Develops MSK Symptoms (Box 1)

#### ERASE (E-triage RA study in Early Arthritis) tool

A Web-based Screening Tool for Early Rheumatoid Arthritis – ERASE: the E-triage RA study in Early Arthritis.

http://www.arthritisdoctor.ca/erase.php

#### Early Inflammatory Arthritis (EIA) Detection Tool

An 11-question self-administered questionnaire (Early Inflammatory Arthritis [EIA] Detection Tool) was developed to help family doctors and healthcare workers identify people with possible diagnosis of early IA.

http://www.arthritis.ca/research/summary/EIA

http://www.biomedcentral.com/1471-2474/11/50/figure/F4

#### The SIMPLE Questionnaire

Screening for inflammatory pain in lower back.

http://carearthritis.com/tools/tools_html.launch?toolid=1&refid=/patient.php%23tab1

#### RASQ – self administered RA screening questionnaire

Seven weighted questions and diagram.
The self- administered rheumatoid arthritis (RA) screening questionnaire (RASQ) is a simple and simple and effective tool to detect RA patients. Ann Rheum Dis 2010;69(Suppl 3):374.

http://www.abstracts2view.com/eular/view.php?nu=EULAR10L_FRI0180

#### Arthritis ID

ArthritisID is the most comprehensive free arthritis app for consumers, featuring the most current, evidence-based arthritis information to help detect, treat and manage arthritis.

https://itunes.apple.com/us/app/arthritisid/id457961189?ls=1&mt=8

### Patient Self-Medicates (Box 2)

#### A consumer's Guide to Arthritis Medications

The Arthritis Society

http://www.arthritis.ca/document.doc?id=341

#### An introduction to complementary and alternative therapies

The Arthritis Society

http://www.arthritis.ca/document.doc?id=323

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### How to use NSAIDS

http://rheuminfo.com/medications/non-steroidal-anti-inflammatory-drugs-nsaids

## Patients Seeks Additional Information (Box 3)

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### About Arthritis Diseases

http://www.arthritis.ca/aboutarthritis

# PRIMARY CARE

## Symptoms Resolve (Box 4)

## Symptoms Persist (Box 5)

## Patient Seeks Care (Box 6)

# REFERRAL

## Physician or NP (Box 7)

### ERASE (E-triage RA study in Early Arthritis) tool

A Web-based Screening Tool for Early Rheumatoid Arthritis – ERASE: the E-triage RA study in Early Arthritis.

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An 11-question self-administered questionnaire (Early Inflammatory Arthritis [EIA] Detection Tool) was developed to help family doctors and healthcare workers identify people with possible diagnosis of early IA. Developed by Mary Bell

V:\CAPRICA\AAC\Committees\Models of Care Committee\Inflammatory MoC\Care Map\20140611-html\tools\EIA Detection Tool.jpg

### The SIMPLE Questionnaire

Screening for inflammatory pain in lower back.

http://carearthritis.com/tools/tools_html.launch?toolid=1&refid=/patient.php%23tab1

### Psoriatic Arthritis Screening Questionnaire

PASQ is composed of a diagram and 10 questions to aid in the detection of arthritis in patients with psoriasis. The final score indicates whether the person has a high probability of having psoriatic arthritis. Those who have a positive result from the screening test will need further evaluation with subsequent diagnostic tests or procedures. An app has been created and is available on iTunes for use on an iPhone or iPad.

https://itunes.apple.com/ca/app/pasq/id402206647?mt=8

### Rheuminfo.com Diseases

http://rheuminfo.com/diseases

### A consumer's Guide to Arthritis Medications

The Arthritis Society

http://www.arthritis.ca/document.doc?id=341

### An introduction to complementary and alternative therapies

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https://itunes.apple.com/us/app/arthritisid/id457961189?ls=1&mt=8

### Getting a Grip: Arthritis Best Practice Guidelines

This tool for health care providers outlines arthritis treatment guidelines. The treatment guidelines are based on the arthritis best practices developed by the Getting a Grip on Arthritis program.

http://www.arthritis.ca/document.doc?id=100

### Getting a Grip on Arthritis Prescription Pad

Arthritis prescription to patients newly diagnosed with arthritis to refer them to The Arthritis Society for more information, to an exercise program or to a weight management program. There is room at the bottom for your notes and on the back there is information on healthy choices for your patient.

http://www.arthritis.ca/document.doc?id=138

### How to use NSAIDS

http://rheuminfo.com/medications/non-steroidal-anti-inflammatory-drugs-nsaids

### Choosing Wisely

http://www.choosingwiselycanada.org/

### Examination of Joints

Rheumatology Physician Tools

http://rheuminfo.com/physician-tools

A Primer on Musculoskeletal Examination , Dr. Evelyn Sutton

http://sutton.medicine.dal.ca/

Musculoskeletal Examination, Dr. Jean-Luc Tremblay

http://www.internationalpubmarket.com/clients/esk/books/BookDetail.aspx?productID=383348

Physical Examination videos, Dr. Raj Carmona

http://www.rheumtutor.com/msk-examination-videos-2/

### Swollen Joint Count: 44 joint homunculus

https://www.carearthritis.com/tools/tools_html.anonlaunch?toolid=8&refid=/physicians.php%23tab2

### Disease Activity Score in 28 Joints

http://www.rheumatology.org/assets/0/116/525/605/eaf54d09-6258-48c3-9244-58d565bfeabd.pdf

### Comprehensive Arthritis Referral Tool (CART)

The Comprehensive Arthritis Referral Tool (CART) is and optional tool for general practitioners to fill out when referring to a rheumatologist.

http://rheuminfo.com/wp-content/uploads/2011/04/Canadian-Arthritis-Referral-Tool-CART.pdf

### ACR Referral Guidelines for Adult Rheumatologist

http://www.rheumatology.org/Practice/Clinical/Position/Position_Statements/

### Priority Referral Score

Priority-setting criteria for the full range of rheumatology referrals and the determination of relative urgency for referral.

http://onlinelibrary.wiley.com/doi/10.1002/acr.20366/pdf

### Rapid Access to Consultative Expertise (RACE)

Rapid Access to Consultative Expertise (RACE) is a program available in British Columbia that is designed to increase family physician access to specialist consultation and to improve communication and knowledge transfer between different care providers.

https://www.doctorsofbc.ca/rapid-access-consultative-expertise-race-program

### Early Referral guideline

≥3 swollen joints. MTP/MCP involvement (squeeze test positive). EMS ≥ 30 min

http://ard.bmj.com/content/61/4/290.full.pdf

### Path to Care Directory Calgary Zone: Specialty specific guidelines: Rheumatology Triage (See pages 187-189)

The purpose of the Specialty Specific Guidelines section is to ensure that specialty clinics receive all of the information, tests and investigations required to triage patients appropriately. The Specialty Specific Guidelines also provides referring physicians with an approximate timeline in which a patient will be seen depending on the urgency of referral.

http://www.departmentofmedicine.com/mas/documents/specialty_specific_guidelines.pdf

## Patient Seeks Community Allied Health Professional (Box 8)

### Exercising safely with arthritis

Video:

https://myhealth.alberta.ca/health/Pages/HealthVideoPlayer.aspx?HWvideoCat=Exercising%20Safely%20With%20Arthritis&HWvideoTop=Bone%20And%20Joint%20Health&hwid=abo5585

### Getting a Grip on Arthritis: Resource kit for people with arthritis

Booklet provides information about arthritis and its management. There is information about health care providers who can help you manage your arthritis through exercise, healthy eating, and medications.

http://www.arthritis.ca/document.doc?id=664

### Getting A Grip on Arthritis

Training workshops for primary health care providers to improve their ability to diagnose arthritis and provide helpful advice to patients.

http://www.arthritis.ca/page.aspx?pid=988

### Getting a Grip on Arthritis Prescription Pad

Arthritis prescription to patients newly diagnosed with arthritis to refer them to The Arthritis Society for more information, to an exercise program or to a weight management program. There is room at the bottom for your notes and on the back there is information on healthy choices for your patient.

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http://sutton.medicine.dal.ca/

Musculoskeletal Examination, Dr. Jean-Luc Tremblay
http://www.internationalpubmarket.com/clients/esk/books/BookDetail.aspx?productID=383348

Physical Examination videos, Dr. Raj Carmona
http://www.rheumtutor.com/msk-examination-videos-2/

# Specialized Care Access

## COORDINATED INTAKE AND TRIAGE

### Initiate Referral (Box 9)

**Comprehensive Arthritis Referral Tool (CART)**

The Comprehensive Arthritis Referral Tool (CART) is and optional tool for general practitioners to fill out when referring to a rheumatologist.

http://rheuminfo.com/wp-content/uploads/2011/04/Canadian-Arthritis-Referral-Tool-CART.pdf

**ACR Referral Guidelines for Rheumatologist**

http://www.rheumatology.org/Practice/Clinical/Position/Position_Statements/

**Path to Care Directory Calgary Zone: Speciality specific guidelines: Rheumatology Triage (See pages 187-189)**

The purpose of the Specialty Specific Guidelines section is to ensure that specialty clinics receive all of the information, tests and investigations required to triage patients appropriately. The Specialty Specific Guidelines also provides referring physicians with an approximate timeline in which a patient will be seen depending on the urgency of referral.

http://www.departmentofmedicine.com/mas/documents/specialty_specific_guidelines.pdf

### Triage (Box 10)

**Advanced Clinician Practitioner in Arthritis Care (ACPAC) Program**

http://www.stmichaelshospital.com/programs/mobility/acpac.php

**EULAR recommendations for the role of the nurse in the management of chronic inflammatory arthritis**

http://ard.bmj.com/content/early/2011/10/28/annrheumdis-2011-200185.full.pdf+html

**Comprehensive Arthritis Referral Tool (CART)**

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http://www.departmentofmedicine.com/mas/documents/specialty_specific_guidelines.pdf

**Swollen Joint Count: 44 joint homunculus**

https://www.carearthritis.com/tools/tools_html.anonlaunch?toolid=8&refid=/physicians.php%23tab2

**Disease Activity Score in 28 Joints**

http://www.rheumatology.org/assets/0/116/525/605/eaf54d09-6258-48c3-9244-58d565bfeabd.pdf

**15Min Allied Health Professional Triage Form**

http://www.arthritisalliance.ca/images/caremap/en/tools/15min-AHP-Triage-Form.pdf

**1 Smart Form Ontario Rheumatology Association Rheumatoid Arthritis Detailed Active_External Meds**

http://www.arthritisalliance.ca/images/caremap/en/tools/1-Smart-Form-ORA-RA-Detailed-Active-External-Meds.pdf

**4 Smart Form Ontario Rheumatology Association Ankylosing Spondilitis Psoriatic Arthritis Name of Meds_Dosage**

http://www.arthritisalliance.ca/images/caremap/en/tools/4-Smart-Form-ORA-AS-PSA-name-of-Meds-Dosage.pdf

## Non-IA (Box 11)

### Comprehensive Arthritis Referral Tool (CART)

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### ACR Referral Guidelines for Rheumatologist

http://www.rheumatology.org/Practice/Clinical/Position/Position_Statements/

### Priority Referral Score

Priority-setting criteria for the full range of rheumatology referrals and the determination of relative urgency for referral.

http://onlinelibrary.wiley.com/doi/10.1002/acr.20366/pdf

### OARSI Guidelines

http://www.oarsi.org/education/oarsi-guidelines

### Swollen Joint Count: 44 joint homunculus

https://www.carearthritis.com/tools/tools_html.anonlaunch?toolid=8&refid=/physicians.php%23tab2

### Disease Activity Score in 28 Joints

http://www.rheumatology.org/assets/0/116/525/605/eaf54d09-6258-48c3-9244-58d565bfeabd.pdf

## Suspected IA (Box 13)

### Comprehensive Arthritis Referral Tool (CART)

The Comprehensive Arthritis Referral Tool (CART) is and optional tool for general practitioners to fill out when referring to a rheumatologist.

http://rheuminfo.com/wp-content/uploads/2011/04/Canadian-Arthritis-Referral-Tool-CART.pdf

### ACR Referral Guidelines for Rheumatologist

http://www.rheumatology.org/Practice/Clinical/Position/Position_Statements/

### 2010 ACR/EULAR Rheumatoid arthritis classification criteria

An American College of Rheumatology/European League Against Rheumatism collaborative initiative. Offer a tree algorithm to classify definite rheumatoid arthritis (RA) (green circles) or to exclude its current presence (red circles) among those who are eligible to be assessed by the new criteria.

http://www.rheumatology.org/practice/clinical/classification/ra/ra_2010.asp

### Swollen Joint Count: 44 joint homunculus

https://www.carearthritis.com/tools/tools_html.anonlaunch?toolid=8&refid=/physicians.php%23tab2

### Disease Activity Score in 28 Joints

http://www.rheumatology.org/assets/0/116/525/605/eaf54d09-6258-48c3-9244-58d565bfeabd.pdf

# Medical Management

# CONSULT

## Subsequent Care (Box 12)

## Consult With Rheumatologist (Box 14)

### Choosing Wisely

http://www.choosingwiselycanada.org/

### Swollen Joint Count: 44 joint homunculus

https://www.carearthritis.com/tools/tools_html.anonlaunch?toolid=8&refid=/physicians.php%23tab2

### Disease Activity Score in 28 Joints

http://www.rheumatology.org/assets/0/116/525/605/eaf54d09-6258-48c3-9244-58d565bfeabd.pdf

### Rapid Access to Consultative Expertise (RACE)

Rapid Access to Consultative Expertise (RACE) is a program available in British Columbia that is designed to increase family physician access to specialist consultation and to improve communication and knowledge transfer between different care providers.

https://www.doctorsofbc.ca/rapid-access-consultative-expertise-race-program

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An American College of Rheumatology/European League Against Rheumatism collaborative initiative. Offer a tree algorithm to classify definite rheumatoid arthritis (RA) (green circles) or to exclude its current presence (red circles) among those who are eligible to be assessed by the new criteria.

http://www.rheumatology.org/practice/clinical/classification/ra/ra_2010.asp

### SF36 Short-Form Health Assessment Questionnaire (HAQ)

This questionnaire is designed to assess eight aspects of health ranging from physical limitations to general perceptions of vitality and mental well-being.

http://www.rand.org/health/surveys_tools/mos/mos_core_36item_survey.html

## Rheumatoid Arthritis (RA)

### Swollen Joint Count: 44 joint homunculus

https://www.carearthritis.com/tools/tools_html.anonlaunch?toolid=8&refid=/physicians.php%23tab2

### Disease Activity Score in 28 Joints

http://www.rheumatology.org/assets/0/116/525/605/eaf54d09-6258-48c3-9244-58d565bfeabd.pdf

### ACR Preliminary Definition of Improvement in RA (including ACR 20%, 50%, 70% response criteria)

http://www.rheumatology.org/practice/clinical/response/205070.asp

### Clinical Disease Activity Index (CDAI)

The Clinical Disease Activity Index (CDAI) and the Simplified Disease Activity Index (SDAI) are two tools for the evaluation of disease activity in RA. They have been developed to provide physicians and patients with simple and more comprehensible instruments.

http://www.ncbi.nlm.nih.gov/pubmed/16273793; Form : http://www.ncbi.nlm.nih.gov/pubmed/16273793

### Simplified Disease Activity Index (SDAI)

http://www.ncbi.nlm.nih.gov/pubmed/16273793; Form and calculator: http://www.rheumatology.org/Practice/Clinical/Quality/SDAI/

### Disease Activity Score (DAS)

The Disease Activity Score (DAS) is an assessment used by clinicians to measure rheumatoid arthritis (RA) disease activity, to determine whether the signs and symptoms have reduced and if treatment needs to be adjusted. The source brings you to a DAS-score website.

http://www.das-score.nl/das28/en/

### Health Assessment Questionnaire (HAQ)

The Health Assessment Questionnaire (HAQ) is a comprehensive valid and reliable measure of outcome in patients with a variety of rheumatic diseases in four domains: 1) disability, 2) discomfort and pain, 3) drug side effects (toxicity) and 4) dollar costs.

http://rheuminfo.com/wp-content/uploads/2011/04/Rheumatology_Clinic_HAQ_VAS_V2.pdf

### Rheumatoid Arthritis Disease Activity Index (RADAI)

This questionnaire is an easy to use assessment of disease activity. It is a self-administered questionnaire that combines five items into a single index: current and past global disease activity, pain, morning stiffness and a joint count.

http://rheumatology.oxfordjournals.org/content/39/3/321.long

## Psoriatic Arthritis (PsA)

### Psoriatic Arthritis Disease Activity Score (PASDAS)

PASDAS is an assessment tool designed to measure Disease Activity in Psoriatic Arthritis.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3540792/

### Psoriasis Area and Severity Index (PASI)

This assessment tool is the most widely used for the measurement of severity of psoriasis. PASI combines the assessment of the severity of lesions and the area affected into a single score in the range 0 (no disease) to 72 (maximal disease).

http://pasi.corti.li/

### Dermatology Life Quality Index (DLQI)

The Dermatology Life Quality Index or DLQI, developed in 1994, was the first dermatology-specific Quality of Life instrument. It is a simple 10-question validated questionnaire which has been used in 33 different skin conditions in 32 countries and is available in 55 languages.

http://www.dermatology.org.uk/downloads/dlqiquest.pdf

## Spondyloarthritis (SpA)

### 2010 update of the ASAS/EULAR recommendations for the management of ankylosing spondylitis

http://ard.bmj.com/content/70/6/896.full.pdf+html

### Bath Ankylosing Spondylitis Disease Activity Index (BASDAI)

The Bath Ankylosing Spondylitis Disease Activity Index (BASDAI) is the gold standard for measuring and following disease activity in Ankylosing Spondylitis. Scores of 4 or greater suggest suboptimal control of disease.

http://rheuminfo.com/wp-content/uploads/2011/04/BASDAI.pdf

### Bath Ankylosing Spondylitis Functional Index (BASFI)

The Bath Ankylosing Spondylitis Functional Index (BASFI) is a validated index to determine the degree of functional limitation in patients with Ankylosing Spondylitis (AS). The first 8 questions evaluate activities related to functional anatomical limitations due to the course of this inflammatory disease. The final 2 questions evaluate the patients' ability to cope with everyday life.

http://basdai.com/BASFI.php

### Bath Ankylosing Spondylitis Metrology Index (BASMI)

Bath Ankylosing Spondylitis Metrology Index a combined index to assess the spinal mobility in patients with ankylosing spondylitis.

https://www.medicareaustralia.gov.au/provider/pbs/drugs1/files/ma_basmi.pdf

# DIAGNOSIS MADE

## Non-IA (Box 11)

### Comprehensive Arthritis Referral Tool (CART)

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### Priority Referral Score

Priority-setting criteria for the full range of rheumatology referrals and the determination of relative urgency for referral.

http://onlinelibrary.wiley.com/doi/10.1002/acr.20366/pdf

## IA Diagnosed (Box 15)

# TREATMENT PLAN

## Treatment Options (Box 16)

### Patient Decision Aids: Arthritis

Ottawa Hospital Research Institute

http://decisionaid.ohri.ca/AZsearch.php?criteria=arthritis

### Getting a Grip on Arthritis Prescription Pad

Arthritis prescription to patients newly diagnosed with arthritis to refer them to The Arthritis Society for more information, to an exercise program or to a weight management program. There is room at the bottom for your notes and on the back there is information on healthy choices for your patient.

http://www.arthritis.ca/document.doc?id=138

### American College of Rheumatology (ACR)

ACR has developed Clinical Practice Guidelines for a number of clinical conditions

http://www.rheumatology.org/Practice/Clinical/Guidelines/Clinical_Practice_Guidelines/

#### 2012 Update of the 2008 Recommendations for the use of Disease-Modifying Anti-Rheumatic Drugs and Biologics in the treatment of Rheumatoid Arthritis

http://www.rheumatology.org/Practice/Clinical/Guidelines/Rheumatoid_Arthritis_(Members__Only)/

### EULAR evidence-based and consensus-based recommendations on the management of medium to high-dose glucocorticoid therapy in rheumatic diseases

http://www.eular.org/index.cfm?framePage=/recommendations_home.cfm

http://ard.bmj.com/content/early/2013/07/18/annrheumdis-2013-203249.full.pdf+html

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### EULAR recommendations for vaccination in adult patients with autoimmune inflammatory rheumatic diseases

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### EULAR evidence-based recommendations for cardiovascular risk management in patients with rheumatoid arthritis and other forms of inflammatory arthritis

http://ard.bmj.com/content/69/2/325.ful

### Treat to target recommendations

http://www.t2t-ra.com/recommendations/target-to-treat-statements

### Treat to target algorithm

http://www.t2t-ra.com/recommendations/treat-to-target-algorithm

### Rheumatoid Arthritis (RA)

#### 2011/2012 CRA Recommendations for RA

##### Part 1: RA Treatment Recommendations

5 overarching RA care principles; 26 treatment recommendations addressing general RA treatment strategies as well as specific treatment strategies for the use of glucocorticoids and traditional and biologic DMARDs; Summary RA assessment and treatment algorithms

http ://rheum.ca/en/publications/cra_ra_guidelines

##### Part 2: RA Safety Recommendations

13 recommendations addressing specific safety aspects of treatment with traditional and biologic DMARDs, including: Perioperative management; Screening for latent tuberculosis infection (LTBI) and indications for initiating TB prophylaxis; Optimal vaccination practices (which vaccines are indicated in patients with RA); Management of patients with malignancy (active and past)

http://rheum.ca/en/publications/cra_ra_guidelines

#### EULAR recommendations for the management of rheumatoid arthritis with synthetic and biological disease-modifying antirheumatic drugs

http://ard.bmj.com/content/early/2010/05/04/ard.2009.126532.full.pdf+html

#### CRA Canadian Consensus Statement on Early Optimal Therapy in Early RA

http://rheum.ca/images/documents/Canadian_Consensus_Statement_on_Early_Optimal_Therapy_in_Early_RA.pdf

### EULAR recommendations for the use of imaging of the joints in the clinical management of rheumatoid arthritis

http://www.eular.org/index.cfm?framePage=/recommendations_home.cfm;
http://ard.bmj.com/content/early/2013/03/20/annrheumdis-2012-203158.full.pdf+html

## Spondyloarthritis (SpA)

### CRA/SPARCC Treatment Recommendations for Spondyloarthritis

http://rheum.ca/images/documents/SPARCC_Tx_guidelines.pdf

### 2010 update of the ASAS/EULAR recommendations for the management of ankylosing spondylitis

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## Psoriatic Arthritis (PsA)

### European League Against Rheumatism recommendations for the management of psoriatic arthritis with pharmacological therapies

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## Osteoporosis (OP)

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http://www.rheumatology.org/Practice/Clinical/Guidelines/Glucocorticoid-Induced_Osteoporosis_(Members__Only)/

### Clinician's Guide to the American College of Rheumatology 2010 Recommendations for the Prevention and Treatment of Glucocorticoid-Induced Osteoporosis

http://www.rheumatology.org/Practice/Clinical/Guidelines/Glucocorticoid-Induced_Osteoporosis_(Members__Only)/

# Re-Assess (Box 17)

### Patient Decision Aids: Arthritis

Ottawa Hospital Research Institute

http://decisionaid.ohri.ca/AZsearch.php?criteria=arthritis

### Advanced Clinician Practitioner in Arthritis Care (ACPAC) Program

http://www.stmichaelshospital.com/programs/mobility/acpac.php

### FLARE questionnaire

A self-administered tool integrating the perspectives of the patient and the rheumatologist, enabling the detection of present or recent-past RA flare.

http://www.ncbi.nlm.nih.gov/pubmed/22072015

### RA follow-up assessment checklist

http://www.gpscbc.ca/system/files/MSK%20TTT%20Core%20Tools%20April%204%205%202013-3-21.pdf

### Symptom Assessor Resource Tool

Patients are encouraged to complete assessments online before each appointment and bring the printed PDF results to their rheumatologist for discussion

Rheumatoid Arthritis:

http://ra.rheuminfo.com/

Ankylosing Spondylitis:

http://as.rheuminfo.com/

Psoriatic Arthritis:

http://psa.rheuminfo.com/

### ACR Preliminary Definition of Improvement in RA

ACR 20%, 50%, 70% response criteria

http://www.rheumatology.org/practice/clinical/response/205070.asp

### Ankylosing Spondylitis Disease Activity Score (ASDAS)

http://www.asas-group.org/research.php?id=01

### Ankylosing Spondylitis Quality of Life Questionnaire

http://onlinelibrary.wiley.com/doi/10.1002/art.11412/pdf

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http://www.rheumatology.org/Practice/Clinical/Guidelines/Glucocorticoid-Induced_Osteoporosis_(Members__Only)/

## Inadequate Response (Box 18)

### Symptom Assessor Resource Tool

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Rheumatoid Arthritis:

http://ra.rheuminfo.com/

Ankylosing Spondylitis:

http://as.rheuminfo.com/

Psoriatic Arthritis:

http://psa.rheuminfo.com/

### ACR Preliminary Definition of Improvement in RA

ACR 20%, 50%, 70% response criteria
http://www.rheumatology.org/practice/clinical/response/205070.asp

### Ankylosing Spondylitis Disease Activity Score (ASDAS)

http://www.asas-group.org/research.php?id=01

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http://www.rheumatology.org/Practice/Clinical/Guidelines/Glucocorticoid-Induced_Osteoporosis_(Members__Only)/

## Responder (Box 19)

### Symptom Assessor Resource Tool

Patients are encouraged to complete assessments online before each appointment and bring the printed PDF results to their rheumatologist for discussion

Rheumatoid Arthritis:

http://ra.rheuminfo.com/

Ankylosing Spondylitis:

http://as.rheuminfo.com/

Psoriatic Arthritis:

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### ACR Preliminary Definition of Improvement in RA

ACR 20%, 50%, 70% response criteria

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### Ankylosing Spondylitis Disease Activity Score (ASDAS)

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### Ankylosing Spondylitis Quality of Life Questionnaire

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ACR has developed Clinical Practice Guidelines for a number of clinical conditions

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### EULAR evidence-based and consensus-based recommendations on the management of medium to high-dose glucocorticoid therapy in rheumatic diseases

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### EULAR recommendations for the use of imaging of the joints in the clinical management of rheumatoid arthritis

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http://ard.bmj.com/content/early/2013/03/20/annrheumdis-2012-203158.full.pdf+html

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### European League Against Rheumatism recommendations for the management of psoriatic arthritis with pharmacological therapies

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http://www.rheumatology.org/Practice/Clinical/Guidelines/Glucocorticoid-Induced_Osteoporosis_(Members__Only)/

# Shared Care

# ONGOING CARE

## Shared Care (Box 20)

### Getting a Grip: Arthritis Best Practice Guidelines

This tool for health care providers outlines arthritis treatment guidelines. The treatment guidelines are based on the arthritis best practices developed by the Getting a Grip on Arthritis program.

http://www.arthritis.ca/document.doc?id=100

### Advanced Clinician Practitioner in Arthritis Care (ACPAC) Program

http://www.stmichaelshospital.com/programs/mobility/acpac.php

### Arthritis History of New Patient

http://rheuminfo.com/wp-content/uploads/2011/06/ARTHRITIS_NEW_PATIENT_HISTORY1.pdf

### EULAR recommendations for the role of the nurse in the management of chronic inflammatory arthritis

http://ard.bmj.com/content/early/2011/10/28/annrheumdis-2011-200185.full.pdf+html

### FLARE questionnaire

A self-administered tool integrating the perspectives of the patient and the rheumatologist, enabling the detection of present or recent-past RA flare.

http://www.ncbi.nlm.nih.gov/pubmed/22072015

### Path to Care Directory Calgary Zone: Speciality specific guidelines: Rheumatology Triage (See pages 187-189)

The purpose of the Specialty Specific Guidelines section is to ensure that specialty clinics receive all of the information, tests and investigations required to triage patients appropriately. The Specialty Specific Guidelines also provides referring physicians with an approximate timeline in which a patient will be seen depending on the urgency of referral.

http://www.departmentofmedicine.com/mas/documents/specialty_specific_guidelines.pdf

### Shared Decision-Making

#### Patient Decision Aids: Arthritis

Ottawa Hospital Research Institute

http://decisionaid.ohri.ca/AZsearch.php?criteria=arthritis

#### Rheuminfo.com

http://rheuminfo.com/diseases

### Comprehensive Education

#### A consumer's Guide to Arthritis Medications

The Arthritis Society

http://www.arthritis.ca/document.doc?id=341

#### An introduction to complementary and alternative therapies

The Arthritis Society

http://www.arthritis.ca/document.doc?id=323

#### Arthritis ID

ArthritisID is the most comprehensive free arthritis app for consumers, featuring the most current, evidence-based arthritis information to help detect, treat and manage arthritis.

https://itunes.apple.com/us/app/arthritisid/id457961189?ls=1&mt=8

#### Exercising safely with arthritis

Source (Video):

https://myhealth.alberta.ca/health/Pages/HealthVideoPlayer.aspx?HWvideoCat=Exercising%20Safely%20With%20Arthritis&HWvideoTop=Bone%20And%20Joint%20Health&hwid=abo5585

### Getting a Grip on Arthritis: Resource kit for people with arthritis

Booklet provides information about arthritis and its management. There is information about health care providers who can help you manage your arthritis through exercise, healthy eating, and medications.

http://www.arthritis.ca/document.doc?id=664

### Getting a Grip on Arthritis Prescription Pad

Arthritis prescription to patients newly diagnosed with arthritis to refer them to The Arthritis Society for more information, to an exercise program or to a weight management program. There is room at the bottom for your notes and on the back there is information on healthy choices for your patient.

http://www.arthritis.ca/document.doc?id=138

### How to use NSAIDS

http://rheuminfo.com/medications/non-steroidal-anti-inflammatory-drugs-nsaids

### Rheuminfo.com

http://rheuminfo.com/diseases

### Patient (PtGA) and provider (PrGA) Global Assessment of Disease Activity

The PtGA and PrGA are simple patient-completed or provider-completed visual analog scales (VAS), respectively, measuring the overall way rheumatoid arthritis (RA) affects the patient at a point in time.

http://www.rheumatology.org/assets/0/116/525/605/ee41673d-46d4-43ff-a977-3d84f0e0c105.pdf

### How to use Celebrex

http://rheuminfo.com/medications/celecoxib-celebrex

### Patient Disease Specific Information

http://www.rheumatology.org/Practice/Clinical/Patients/Diseases_And_Conditions/Diseases___Conditions/

### Patient Medication Tool

Information about patient medications and how to take them properly

http://rheuminfo.com/medications

http://www.rheumatology.org/Practice/Clinical/Patients/Medications/Medications/

### Treat to target algorithm

http://www.t2t-ra.com/recommendations/treat-to-target-algorithm

## Comorbidity Management

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### EULAR recommendations for vaccination in paediatric patients with rheumatic diseases

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http://ard.bmj.com/content/69/2/325.full.pdf+html

## Wellness and Lifestyle

### Patient lifestyle Tools

Information on exercise and arthritis, exercising in a flare, sleep hygiene, using cold and heat to manage arthritis

http://rheuminfo.com/diseases

### Advanced Clinician Practitioner in Arthritis Care (ACPAC) Program

http://www.stmichaelshospital.com/programs/mobility/acpac.php

### RA follow-up assessment checklist

by Diane Lacaille copyright 2013 (need permission to post)

http://www.gpscbc.ca/system/files/MSK%20TTT%20Core%20Tools%20April%204%205%202013-3-21.pdf

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13 recommendations addressing specific safety aspects of treatment with traditional and biologic DMARDs, including: Perioperative management; Screening for latent tuberculosis infection (LTBI) and indications for initiating TB prophylaxis; Optimal vaccination practices (which vaccines are indicated in patients with RA); Management of patients with malignancy (active and past)

http://rheum.ca/en/publications/cra_ra_guidelines

### EULAR recommendations for the management of rheumatoid arthritis with synthetic and biological disease-modifying antirheumatic drugs

http://ard.bmj.com/content/early/2010/05/04/ard.2009.126532.full.pdf+html

### CRA Canadian Consensus Statement on Early Optimal Therapy in Early RA

http://rheum.ca/images/documents/Canadian_Consensus_Statement_on_Early_Optimal_Therapy_in_Early_RA.pdf

### EULAR recommendations for the use of imaging of the joints in the clinical management of rheumatoid arthritis

http://www.eular.org/index.cfm?framePage=/recommendations_home.cfm;
http://ard.bmj.com/content/early/2013/03/20/annrheumdis-2012-203158.full.pdf+html

## Spondyloarthritis (SpA)

### CRA/SPARCC Treatment Recommendations for Spondyloarthritis

http://rheum.ca/images/documents/SPARCC_Tx_guidelines.pdf

### 2010 update of the ASAS/EULAR recommendations for the management of ankylosing spondylitis

http://ard.bmj.com/content/70/6/896.full.pdf+html

## Psoriatic Arthritis (PsA)

### European League Against Rheumatism recommendations for the management of psoriatic arthritis with pharmacological therapies

http://www.eular.org/index.cfm?framePage=/recommendations_home.cfm; http://ard.bmj.com/content/71/1/4.full.pdf+html

## Osteoporosis (OP)

### American College of Rheumatology 2010 Recommendations for the Prevention and Treatment of Glucocorticoid-Induced Osteoporosis

http://www.rheumatology.org/Practice/Clinical/Guidelines/Glucocorticoid-Induced_Osteoporosis_(Members__Only)/

### Clinician's Guide to the American College of Rheumatology 2010 Recommendations for the Prevention and Treatment of Glucocorticoid-Induced Osteoporosis

http://www.rheumatology.org/Practice/Clinical/Guidelines/Glucocorticoid-Induced_Osteoporosis_(Members__Only)/