

ARTHRITIS ALLIANCE OF CANADA NEWSLETTER

April 2013

Making Progress in Models of Care

On Tuesday, April 9th 2013, the Arthritis Alliance held its second and extremely successful Inflammatory Models of Care meeting (MoC) in Toronto. The meeting brought together a wide range of representatives from across the provinces, including: Alberta, Saskatchewan, Quebec, Nova Scotia, Newfoundland, New Brunswick, Manitoba, British Columbia and Ontario. Representation included rheumatologists, nurse clinicians, pharmacists, physiotherapists, patients, occupational therapists and administrators.

The purpose of the meeting was to:

1. Learn about models of care for patients with inflammatory arthritis that are available across Canada.
2. Identify the elements that are successful for intake and clinical management that should be included in a MoC; and
3. Identify supporting materials that should be available in a Toolkit for an Inflammatory MoC.

Meeting participants were presented with successful models of care from across the country, followed by a brainstorming session on essential elements and tools for a successful inflammatory MoC. The inflammatory tool kit components include: intake, assessment and treatment, medical management, management of the stable patient, data for performance measurement and available tools for use in a model of care.

The meeting was successful in achieving its objectives, coupled with a great deal of enthusiasm.

Over the next few months, work will be undertaken to further develop the toolkit including identification of performance measures and educational tools for primary care and for patients.

If you would like to be involved in the model of care development or would like more information, please contact Rhona McGlasson at Rhona.mcglasson@bell.net.

Models of Care – A Rural Perspective

Rheumatology in a rural area is by itself a challenge. In Rimouski, Quebec we built a team around the patient suffering from rheumatologic disease. The patient is the center in every step of the intervention. It begins with triage, completed by a nurse. Once the patient is diagnosed with arthritis, they start treatment assisted with an interdisciplinary team consisting of a social worker, nurse, physical therapist, ergotherapist, kinesiologist, rheumatologist, nutritionist, and an expert patient. The work of the nurse is supported by collective prescription. There is also interdisciplinary referrals and discussion concerning the patient as needed.

For a patient living too far from the center, we work closely with the local specialist (a family doctor or an internist). In remote areas the team is narrower but there are local teams of at least the patient, supported by the doctor, a nurse, and in some cases, a physiotherapist. The local specialist is supported by the rheumatologist, CME, preceptora and Visio conference.



SAVE THE DATE!

2013 AAC Conference and Research Symposium November 21-23, 2013, at the Westin Ottawa

The Arthritis Alliance of Canada is pleased to advise you of its upcoming inaugural Conference and Research Symposium. The Conference will be a major event for our community to:

- *celebrate successes since the National Framework launch;
- *learn about exciting research discoveries poised for impact;
- *network with colleagues in research, government and industry;
- *help define priorities for arthritis research under CIHR's Strategy on Patient Oriented Research (SPOR).

The Arthritis Society/CAN Trainee Workshop will be held immediately following the conference.

Please contact Jaime Coish at jcoish@mtsinaï.on.ca for more details.

Member Updates

CIHR INSTITUTE OF MUSCULOSKELETAL HEALTH AND ARTHRITIS

The CIHR Institute of Musculoskeletal Health and Arthritis is pleased to announce that Dr. Hani El-Gabalawy has been appointed Scientific Director of the Institute, effective April 15, 2013.



Dr. El-Gabalawy is Professor of Medicine at the University of Manitoba and Head of the Rheumatology Section. His studies in synovial biology and the pathogenesis of early arthritis are recognized internationally. CIHR IMHA welcomes Dr. El-Gabalawy to his new position and looks forward to the ongoing role he will play with the Arthritis Alliance of Canada.

THE CONSUMER ADVISORY BOARD-ARTHRITIS RESEARCH CENTRE OF CANADA

The Arthritis Research Centre of Canada (ARC) scientists have discovered that some people with inflammatory arthritis may die as much as a decade earlier than those who don't have arthritis. The researchers are studying ways of preventing early death in inflammatory arthritis.

Inflammatory arthritis includes; Rheumatoid Arthritis, Lupus and related diseases, Psoriatic Arthritis, Gout and Ankylosing Spondylitis. If you have any of these types of arthritis, you should be aware of the increased risk of dying early from heart and blood vessel problems. There are ways to reduce your risk with proper risk assessment screening, lifestyle changes and treatment of underlying causes. To find out more, we invite you to attend the public forum: **Don't Let Your Arthritis Kill You- Take Action**

The presentations are:

- How arthritis causes heart disease, strokes and blood clots. - Dr. Antonio Avina
- Who is at risk for heart disease and why. - Dr. Diane Lacaille
- What you can do to prevent heart disease. -Dr. John Esdaile

- Making your action plan to reduce heart disease. – Ms. Karen Tsui and Dr. Diane Lacaille

Please join us in person or on-line from the comfort of your own home on Saturday, May 4, 2013. Simple on-line instructions on how to connect to the webcast are available. More information is available at www.arthritisresearch.ca/ROAR

PUBLIC HEALTH AGENCY OF CANADA (PHAC)

The Chronic Disease Surveillance and Monitoring Division at the Public Health Agency of Canada has recently launched the following data cube on its public website: **Arthritis in Canada Update**. Using a nationally representative sample of 25,978 Canadians aged 15 years and older from the 2010-11 Canadian Community Health Survey, this data cube provides the latest statistics on the impact of arthritis on Canadians.

Some of the findings within this new data cube include:

- In 2010-11, over 4.6 million (16.7%) Canadians age 15 years and older reported they have arthritis.
- Arthritis was the most common chronic condition reported by women and the third most common reported by men.
- Close to 3 in 5 people were of working age (<65 years).
- Contrary to the belief that older people with arthritis experience more severe outcomes, those of working age were more likely to report poor/fair mental health and quite a bit/extreme life stress compared to those older.

This data cube can be found via the following link: [Arthritis in Canada Update](#). The complete Chronic Disease Infobase Data Cubes website can be accessed via the following link: <http://www.infobase.phac-aspc.gc.ca>

CANADIAN RHEUMATOLOGY ASSOCIATION (CRA)-ACCESS TO CARE

The CRA's Access to Care committee acknowledges the challenges of providing high quality care for all arthritis diseases to Aboriginal populations. A recent survey of members of the CRA confirms our belief that rheumatologists across the country recognise and face the same challenges involved in delivery of high quality care to these patients, and in particular we learned that the Non Insured Health Benefits (NIHB) program presents some particular challenges which are a source of comment.

As a result of feedback from members, and whilst not in any way the sole focus, the committee has developed an effective dialogue with the NIHB program. Our current aim is to contribute to the development of updated criteria for access to biologic drugs for patients covered by this program. A longer term aim is to advise on the process involved in securing funding, with the aim of achieving a more transparent, efficient system, easier to navigate both by patients and clinicians. We will continue to report on the progress we make.

ARTHRITIS HEALTH PROFESSIONS ASSOCIATION (AHPA)

The AHPA was pleased to join the Canadian Rheumatology Association for the Annual Scientific Conference and Meeting in Ottawa, Ontario. 2013 featured our 5th annual pre-course for allied health professionals. The event was well attended with an excellent line-up of speakers including Dr. Janet Pope, Dr. Andy Thompson, Dr. Ed Keystone, Susan Bartlett (PhD, Clinical Psychologist), and Asuko Brittain (Certified Hand Physiotherapist).

AHPA has supported research grant submissions by Linda Li, "*Arthritis care in the digital age: Understanding the context of and barriers to integrating online tools to optimize physical activity*"; and Dr.

Lucie Brosseau, *“The dissemination of the Evidence-based People Getting a Grip on Arthritis educational program amongst health professionals working in rheumatology: A multifaceted approach”*.

AHPA is represented on the Arthritis Alliance of Canada (AAC) by Terri Lupton, Nurse Clinician Rheumatology, Calgary, AB. Several AHPA members attended the recent AAC's Models of Care (MOC) Forum in Toronto to highlight the various MOC for inflammatory arthritis across the country.

AHPA is a national organization which seeks to improve the care of people with rheumatic diseases through the promotion of education and support of research among health professionals. For further information on AHPA, visit our website at <http://www.ahpa.ca/>

THE ADVANCED CLINICIAN PRACTITIONER IN ARTHRITIS CARE (ACPAC) PROGRAM



The Advanced Clinician Practitioner in Arthritis Care (ACPAC) Program website is now live and registration is open for the 2013-2014 program, which begins September 16, 2013 at St. Michael’s Hospital, Toronto, Canada. Applications are due May 17, 2013 by 1700 hours. Please visit: www.chronicdiseases.ca/arthritis for application and program information.

Calendar of Events

CASEM Annual Scientific Meeting	April 25-26, 2013	Whistler, BC
Northwest Rheumatism Society	April 25-27, 2013	Vancouver, BC
Canadian Obesity Summit	May 1-4 2013	Vancouver, BC
World Ankylosing Spondylitis Awareness Day	May 4 2013	
Primary Care Today	May 9-11, 2013	Toronto, ON
Laurentian Conference of Rheumatology	May 9-11, 2013	Tremblant, QC
World Autoimmune Arthritis Day	May 20 2013	
Canadian Physiotherapy Association	May 23-26, 2013	Montreal, QC
Ontario Rheumatology Association	May 24-26, 2013	Muskoka, ON
Canadian Orthopaedic Nurse Association	May 26-29, 2013	Vancouver, BC
Canadian Association of Occupational Therapists	May 29-June 1, 2013	Victoria, BC
Canadian Connective Tissue Society	May 29-June 1, 2013	Montreal, QC
Canadian Pharmacists Association	June 1-4, 2013	Charlottetown, PEI
Canadian Student Health Research Forum	June 4-6, 2013	Winnipeg, AB
Walk to Fight Arthritis	June 9, 2013	
Canadian Public Health Association Annual Conference	June 9-12, 2013	Ottawa, ON
Canadian Association of Continuing Health Education	June 11, 2013	Vancouver, BC
Healthy Outcomes Conference	June 11-12, 2013	Ottawa, ON
European League Against Rheumatism (EULAR)	June 12-15, 2013	Madrid, Spain

Canadian Paediatric Society	June 19-22, 2013	Edmonton, AB
Canadian Orthopaedic Association	June 20-22, 2013	Winnipeg, MB
Society of Atlantic Rheumatologists	June 21-23, 2013	
Arthritis Awareness Month	September 2013	
Cochrane Collaboration Colloquium	September 19-23, 2013	Quebec City, QC
Int'l Association of Inflammation Societies (IAIS)	September 21-15, 2013	Natal RN, Brazil
American College of Rheumatology ASC	October 27-30, 2013	San Diego, USA
Nurse Practitioners' Association of Ontario	November 7-9, 2013	Toronto, ON
Ontario Orthopaedic Association AGM	November 13, 2013	Toronto, ON
AAC Conference and Research Symposium	November 21-23, 2013	Ottawa, ON

Want to help?

You can help and get involved by:

- Visiting www.ArthritisAlliance.ca
- Sending promotional material (Joint Action Executive Summary, website information) to your friends, family and colleagues
- Providing feedback. Give us your ideas
- Giving us an update to share with the group
- Telling us about your upcoming events, initiatives, and announcements that are aligned with the Framework
- Helping us to promote Joint Action on Arthritis
- Telling our story and telling yours
- Telling your friends and family
- Writing and calling your local MP/MPP, your Premier, Minister of Health, etc
- Sharing on Twitter, Facebook, and other social media channels

THE ARTHRITIS ALLIANCE NEEDS TO HEAR YOUR SUCCESSES, STORIES AND PROJECTS THAT WILL SUPPORT THE FRAMEWORK EFFORT. IF YOU WOULD LIKE YOUR ORGANIZATION TO BE FEATURED HERE, PLEASE FORWARD YOUR SUBMISSIONS TO [JCOISH@MTSINAI.ON.CA](mailto:jcoish@mtsina.on.ca).

ABOUT THE ARTHRITIS ALLIANCE OF CANADA

The Arthritis Alliance of Canada, formerly the Alliance for the Canadian Arthritis Program (ACAP), was formed in 2002. Its goal is to improve the lives of Canadians with arthritis.

With more than 35 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 416-586-4685 or jcoish@mtsina.on.ca, www.arthritisalliance.ca