

# ARTHRITIS ALLIANCE OF CANADA NEWSLETTER

June 2013

## Models of Care Development

The Arthritis Alliance of Canada (AAC) hosted a meeting on June 7<sup>th</sup> to initiate the development of a data measurement framework, a key component of the development of a national model of care (MOC) for inflammatory arthritis. The Alliance is working together with the provinces and other key stakeholders in the health system to develop a model to improve care for patients.

The AAC 2013 Inaugural Conference and Research Symposium, being held November 21-23, 2013, will feature a session on *“Improving the Quality of Care through Innovative Models of Care.”* Session presentations will include an international perspective on models of care, models of care for hip and knee in Canada, primary care models and progress in advancing models of care.

To view the **Models of Care tool for developing and evaluating models of care**, click here:



## Young Adults with Rheumatic Disease (YARD) Program- Mary Pack Arthritis Program (MPAP)

### Program Purpose:

The program was implemented as a clinic for youth with childhood onset rheumatic disease to facilitate transition from pediatric to adult health care delivery. The aim is to reduce the known high risk for youth, at this time, to drop out of the health care system, and while doing so potentially sustaining irreversible disease damage.

### 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 announce our symposium sessions:

1. Thinking Big in Arthritis Research: Building on success
2. Understanding the Opportunities in Osteoarthritis for Patient Oriented Research
3. Understanding the Opportunities in Inflammatory Arthritis for Patient Oriented Research
4. Preparing for an Arthritis SPOR Network

**Economic Club of Canada luncheon, Friday, November 22<sup>nd</sup>, 11:30 am - 1:00 pm**

Presenting a healthcare reform expert panel:

- Mr. Jeffery Simpson, National Affairs Columnist, The Globe and Mail, Ottawa ON
- Dr. Deborah Marshall, Canadian Research Chair in Health Systems and Services Research, University of Calgary, AB
- Dr. Adalsteinn Brown, Dalla Lana Chair of Public Health Policy, University of Toronto, ON

**Description:**

The program, launched in September 1994, has a caseload of 90 – 100 patients. Patients with childhood onset rheumatic diseases are transitioned from pediatric rheumatology specialty care to the YARD program at high school completion. They remain in the YARD program for 2 to 4 years. The program is staffed by 2 pediatric and 1 adult rheumatologist, a nurse, a social worker, and various medical trainees. Expedited access to physical and/or occupational therapy is available.

**Strategies:**

Attendance at the YARD clinic independent of their parents is the first of several expectations for the program outlined to the patient in an introductory letter and initial interview each patient has with the program nurse. The team has expertise or experience in discussing developmental issues of importance to the youth including relationships, schooling, work, career and financial independence, pregnancy, alcohol and drug use, and parental separation. A core strategy of the program is to foster self-management of health as a priority amongst these other evolving life issues.

**Summary and future directions:**

The YARD team has begun to explore ways of communicating and engaging with the youth in a way that better fits their patients' lifestyles. This includes pilot testing Smartphone technology to book clinic appointments. Social media is also being considered as a way to engage with patients in a more immediate and ongoing fashion.

## Member Updates

### ADVANCED CLINICIAN PRACTITIONER IN ARTHRITIS CARE (ACPAC)

We are pleased to announce that a full slate of trainees have been accepted into the 2013/2014 ACPAC program. The cohort consists of physiotherapists, occupational therapists, and this year for the first time we welcome nurses, a new health profession into the training group. We look forward to the new ACPAC format and have achieved another first, a national reach with trainees coming both from Alberta and Ontario.

### CANADIAN ARTHRITIS NETWORK

#### Moving forward on its Knowledge Translation Strategies

The Canadian Arthritis Network is developing a communication strategy to raise awareness about the impact of arthritis research in Canada. We will be working closely with a communication's company to help us promote the stories. The stories will highlight the arthritis research in Canada and show CAN's contribution to arthritis research over the past 14 years. Our first initiative will be the promotion of stories for arthritis month in September.

### CONSUMER ADVISORY BOARD (CAB)

Living with inflammatory arthritis can increase your risk of heart attacks, strokes and blood clots. On May 4th, Drs. Avina, Esdaile and Lacaille gathered with members of the arthritis community to discuss who may have this risk and what they can do to prevent early death. The presentations can be viewed at <http://www.arthritisresearch.ca/roar2013videos> . What did the public ask about this topic? A transcript of the Q & A session is posted.

The Consumer Advisory Board of the Arthritis Research Centre of Canada (ARC) is a group of people with arthritis who work closely with scientists to help guide their research and share their results with the public. Hear stories about living with arthritis, read answers to consumer questions, and get updates on ARC's research. Sign up for their free quarterly newsletter at <http://www.arthritisresearch.ca/the-news/newsletter-archive>.

### **THE CANADIAN ASSOCIATION OF OCCUPATIONAL THERAPISTS (CAOT) “KEEPING ON THE GO: DRIVING SAFELY AS YOU AGE.”**

The Canadian Association of Occupational Therapists (CAOT ) is proud to have developed a resource for older drivers, their families and healthcare professionals that include an [Older Driver's Safety website](#) and a new series of brochures entitled “**Keeping on the go: Driving safely as you age.**”

Valuable information on safe driving strategies and planning for driving retirement can be found in translated brochures in English, French, Italian, Punjabi, and Chinese (simplified and traditional).

CAOT is dedicated to keeping seniors behind the wheel for as long as possible. Driving increases the opportunity to be involved within the community and is a contributor to quality-of-life giving seniors a sense of wellbeing. For example, Statistic Canada reported that seniors with a driver's license were twice as likely to volunteer as those without a driver's license. Older driver safety is an important issue and Canadian seniors from diverse cultures deserve to have tailored information that might encourage them to continue driving.

### **THE MCCAIG INSTITUTE FOR BONE AND JOINT HEALTH**

The McCaig Institute is pleased to announce that one of its research teams has developed a test to identify osteoarthritis (OA) early in patients - well before the disease is fully developed. This team, involving Alberta Team OA members, Roman Krawetz, Bryan Heard and Marvin Fritzler, discovered that with a blood test, or by examining a small sample of the synovial fluid from a person's joint, a lab analysis using advanced array technologies for early markers of the disease together with a trained Artificial Neural Network can now identify people with OA before there are any of the normal signs. This is the first test of its kind in the world. Normally, an individual with OA would be identified when that person developed pain or discomfort of the full disease followed by x-ray evidence for abnormalities in the joint. Knowing and understanding that an individual will develop OA early will better equip that individual to manage the disease, and provides the incentive for researchers and clinicians to develop more effective intervention strategies and treatments.

**SAVE THE DATE: SECOND ANNUAL WOOD FORUM ON HIP AND KNEE OSTEOARTHRITIS: Thursday, September 19th, 2013 at 7:00pm at the University of Calgary and Thursday October 24th, at 7:00pm at the University of Alberta.**

A variety of topics will be covered including the work currently being conducted to improve care pathways for Albertans, a live hip replacement demo (Calgary), and guests will be invited to 'ask the experts' or participate in a break out session regarding their hip and knee health. Thanks to the generosity of the Wood family, this is a free public forum. Keep checking [mccaiginstitute.com](http://mccaiginstitute.com) for more information.

### **OSTEOPOROSIS CANADA**

#### **1. PATIENT VIRTUAL EDUCATION FORUMS**

Did you miss the June 26, 2013 presentation *Tips for Avoiding Osteoporotic Fracture while Living Your Everyday Life* by Dr. Norma MacIntyre, BSc (Physical Therapy), MSc, PhD, McMaster University? Visit

our website to view one or more of our virtual education forums topics ranging from nutrition, to physical activity to medications. It is geared towards the needs and interests of people living with osteoporosis. For more information on past and upcoming virtual education forums, please visit our Virtual Education Forum web page <http://www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/>

2. BEYOND THE BREAK - Osteoporosis Canada and Women’s College Hospital have collaborated on the development of an inter-professional education series, “Beyond the Break” presented via telemedicine. Targeted towards health professionals working with people living with osteoporosis, this modular series is designed to provide updates on the latest advances in recognition, diagnosis, treatment and education on osteoporosis. For anyone that may have missed or would like to view the Beyond the Break presentations, they are available for viewing on the OTN (Ontario Telemedicine Network website). For more details to access these presentations go to the Beyond the Break web page <http://www.osteoporosis.ca/health-care-professionals/beyond-the-break/>.

## THE ARTHRITIS SOCIETY

The Arthritis Society, with support from Abbvie Canada, has conducted an in-depth survey of Canadians regarding arthritis and work. This research, known as the “Fit for Work” survey, was conducted by Leger Marketing and involved 1,057 Canadians who live with arthritis. The survey has revealed some very concerning issues regarding arthritis and work. Early results from the survey include: 46.4% of participants reported that arthritis had prevented them from working either temporarily or permanently during their careers and that 66% reported going to work even when they felt unwell because of arthritis. Survey data are still undergoing analysis and results will be published in the coming months. Stay tuned.

## Calendar of Events

Arthritis Awareness Month	September 2013	
Cochrane Collaboration Colloquium	September 19-23, 2013	Quebec City, QC
Int’l Association of Inflammation Societies (IAIS)	September 21-25, 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
Arthritis Alliance Conference and Research Symposium	November 21-23, 2013	Ottawa, ON
Inflammatory Diseases: Recent Advances in Basic and Translational Research and Therapeutic Treatments	January 17-22, 2014	Vancouver, BC
Registered Nurses Association - Annual Nurse Executive Leadership Academy	February 9-12, 2014	TBD
Canadian Rheumatology Association Annual Scientific Meeting & AHPA Annual Meeting	Feb 26-Mar 1, 2014	Whistler, BC
Inflammation, Infection and Cancer	March 9-14, 2014	Whistler, BC
Innate Immunity, Metabolism and Vascular Injury	March 23-28, 2014	Whistler, BC
Ontario Physiotherapy Association - Inter-Action	March 28-30, 2014	Mississauga, ON
Canadian Foundation of Healthcare Improvement - Taming of the Queue	April 3-4, 2014	Ottawa, ON
Canadian Conference on Medical Education 2014	April 26-29, 2014	Ottawa, ON
Pediatric Orthopaedic Society of North America AGM	April 30-May 3, 2014	Hollywood, CA
Canadian Pain Society’s 35 <sup>th</sup> Annual Scientific Meeting	May 20-23, 2014	Quebec City, QC
EULAR - European League Against Rheumatism	June 11-14, 2014	Paris, France

## Want to help?

You can help and get involved by:

- Visiting [www.ArthritisAlliance.ca](http://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@MTSINAL.ON.CA](mailto:jcoish@mtsinaion.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:**  
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