

ARTHRITIS ALLIANCE OF CANADA NEWSLETTER

December 2013

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ARTHRITIS ALLIANCE INAUGURAL CONFERENCE AND RESEARCH SYMPOSIUM, WESTIN OTTAWA

November 21-23, close to 200 patients and experts met to discuss the latest advances and the future of arthritis research in Canada. The three-day event featured participation from across the country, including medical and allied health professionals, patient advocates, government representatives and non-profit health organizations.

Highlights of the program include:

- The spotlight on patients during the three-day conference, both as presenters and moderators, sharing their perspectives to help bring the patient experience to the forefront of the program.
- Understanding of the state of OA research today, gaps and opportunities
- Improving the quality of care through innovative models of care
- Health Care Reform Expert Panel Discussion hosted by the Economic Club of Canada, featuring Jeffery Simpson, Deborah Marshall



From left to right: Michael Mallinson, Manon Roberge, Jean Légaré, Laurie Proulx, Dawn Richards, Sheila Kerr, Cheryl Koehn, Linda Wilhelm

and moderated by Don Newman.

- Thinking big in arthritis research, building on success featured new discoveries and innovations in research that will have an impact on those living with arthritis
- Understanding of opportunities in OA and IA research to address knowledge gaps.



- Arthritis and the Arts Gala, hosted by Honorary Chair, Laureen Harper, featured a variety of artistic expressions by people living with arthritis. Among the performers was Dallas Hayes-Sparks, an 18- year-old opera singer from Calgary who is currently pursuing a performance degree at the University of British Columbia despite living with rheumatoid arthritis, lupus, and class VI membranousnephritis.

Thank you for making our first conference a success!

From left to right: Murielle Bruneau, Dallas Hayes-Sparks, Laureen Harper, Janet Yale



Awards

ONTARIO HOSPITAL TEAM WINS NATIONAL AWARD FOR ARTHRITIS PROGRAM

A team of pharmacists, physicians, physical therapists and other healthcare professionals is the winner of the 2013 Commitment to Care & Service Award for Collaborative Team Initiative, awarded by *Pharmacy Practice* and *Drugstore Canada*, Canada's leading pharmacy magazines. The Commitment to Care & Service Awards Gala took place the evening of November 25th at the Ritz-Carlton in Toronto.

The Arthritis Program (TAP) at Southlake Regional Health Centre in Newmarket, Ontario, is transforming the lives of those living with arthritis. As part of its award submission, numerous program participants shared their personal success stories.

Upon referral from their physician, participants meet at the hospital once a week for four weeks—or for a full day for two Saturdays—to learn from and ask questions of a diverse group of healthcare providers, including rheumatologists, pharmacists, occupational and physical therapists, a dietitian, social worker and kinesiologist. Patient ambassadors, or former participants, also share personal experiences.

Pharmacist Carolyn Bornstein heads up the program, which has evolved since 2005 based on patient feedback and a recent evaluation study by researchers at York University. Earlier this year the program also became available to remote communities in Ontario through the province's Telehealth Network, and this fall will see the incorporation of exercise into each of the sessions.

Participants can contact the health professionals between sessions, and receive a workbook in which they can record personal goals and exercise routines. Participants also complete an osteoarthritis knowledge questionnaire before and after the program, and six months later during a follow-up visit to review medication management and exercise. Results show that patients retain most of their knowledge six months later—as well as the confidence to continue to actively managing their condition.

For more information about The Arthritis Program and the Commitment to Care & Service Awards, please contact Emily Dragoman at 416-764-3944 or Emily.dragoman@rci.rogers.com

The Arthritis Program Team



CIHR-IMHA KNOWLEDGE TRANSLATION AWARD



The Canadian Institutes of Health Research's Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA) announces Bone and Joint Canada (BJC) is the recipient of the 2013 CIHR-IMHA Knowledge Translation Award. Ms. Eve Adams, Member of Parliament for Mississauga-Brampton South and Parliamentary Secretary to the Minister of Health, presented the award at the opening reception of the Arthritis Alliance of Canada's Conference and Research Symposium.

From left to right: Alain Beaudet, Cy Frank, Rhona McGlasson, Eve Adams, Aileen Davis, Hani El-Gabalawy

DR. LINDA LI AWARDED CANADA RESEARCH CHAIR

Dr. Linda Li is making a profound difference within the arthritis community with her various research projects and appointments. The impact she is making will only increase as she has just been awarded a \$500,000 Canada Research Chair in Patient-Oriented Knowledge Transition. The Honourable Greg Rickford, Minister of State, Science and Technology, made the recent announcement for 2013.

Linda has a very close relationship with The Arthritis Society, as she already holds the Arthritis Society/Harold Robinson Chair at UBC, and has been awarded an Arthritis Society Models of Care Catalyst Grant. Linda also holds a Canadian Institutes of Health Research Network Investigator award, regularly presents at our various public education forums, and is a research scientist with the Arthritis Research Centre of Canada.

Linda's latest award is incredibly well deserved. The Canada Research Chair acknowledges her remarkable hard work and her success at altering the world for people with arthritis by her state of the art translation of research results into information we can apply and use every day.

Congratulations Linda!

Community Updates

NEW BRUNSWICK DRUG PLAN INTRODUCED

A New Brunswick Drug Plan was introduced in the legislative assembly. It will help New Brunswickers avoid catastrophic drug costs and ensure that prescription drug insurance is available to everyone.

The plan, which will be administered by Medavie Blue Cross on behalf of the provincial government, will cover drugs listed on the New Brunswick Prescription Drug Program formulary. There will be no deductible, and coverage will not be denied because of age, gender or pre-existing medical conditions.

The plan will be implemented in two phases. Phase 1 will begin on May 1, 2014, when New Brunswickers with a valid Medicare card can choose to enrol in the plan. Phase 2 will begin on April 1, 2015, when all New Brunswickers will be required to have prescription drug insurance. Those not insured by a private plan will join the New Brunswick Drug Plan.

It is estimated that during Phase 1, the total cost of the plan will be \$50 million, of which \$23 million will be paid by plan members and \$27 million will be paid by the provincial government. Once the plan is fully implemented, it is anticipated that the total shared cost will be between \$120 million and \$150 million.

The original press release may be found [here](#) and further information about the New Brunswick Drug Plan is on the Department of Health website.

MUSCULOSKELETAL MODULE FROM PRACTICE SUPPORT PROGRAM AIDS PATIENTS AND PHYSICIANS

The Practice Support Program (PSP), a joint initiative of the BC Ministry of Health and the BC Medical Association, has developed a musculoskeletal (MSK) module to address the four key MSK conditions:

- Osteoarthritis
- Rheumatoid arthritis
- Low back pain
- Juvenile idiopathic arthritis.

The MSK module is designed to achieve better patient care through improvements in physician practices and better collaboration between specialists, family physicians and allied health professionals. It provides support

tools such as: expedited diagnosis, assessment of psycho-social needs, assessment of pain and function, and patient self-management resources.

Using the plan-do-study-act approach, participants undertake three group learning sessions; each session is followed by an eight-week in-practice action period.

Physician benefits include: tools to identify red flags and make a correct diagnosis, better provider/patient communications, and ability to provide the appropriate care for the various MSK conditions.

Patient benefits include: timely referral to specialist education around their condition, and self- management tools for taking better care of themselves.

More information is available at www.pspbc.ca

ARTHRITIS CONSUMER EXPERTS

Over the past two months, Arthritis Consumer Experts (ACE) has conducted a province-wide survey of its membership in British Columbia, Alberta and Ontario as part of its ongoing subsequent-entry biologics (SEB) education program. Focusing on SEBs and patient safety, ACE looks forward to sharing the survey results with the arthritis community and key stakeholders in 2014 and wishes to thank everyone who has completed the survey. Wishing everyone in the AAC community health and happiness this holiday season!

ARTHRITIS RESEARCH FOUNDATION

The fight against arthritis is as easy as doing ‘child’s pose’. On Sunday, March 2, 2014, [register](#) for Canada’s largest yoga fundraiser, the Power of Movement. Choose the location closest to you, or dedicate your practice on that day to the cause and join us through the [Virtual Challenge](#) option. See you on the mat to help bring the *power of movement* to the 4.6 million people living with arthritis.



THE ARTHRITIS SOCIETY

NATIONAL

The Arthritis Society is pleased to announce the opening of the first phase of the 2014/15 research grant and training award competition. The focus of this year’s major operating award, the Strategic Operating Grant, is on **disease management and models of care** including issues of pain and work disability, access to care, populations in need (aboriginal, paediatric), disease management and outcomes.

The Society’s research strategic plan offers a variety of operating grants and salary awards to support its overall goal of investing in *research excellence that addresses maintenance of life-long mobility and quality of life for people living with arthritis*. The full launch of this year’s competitions will occur on January 16, 2014. More information about the program is available now at www.arthritis.ca/research.

BC & YUKON DIVISION

Youth Philanthropist

Each year, the Association of Fundraising Professionals recognizes individuals and organizations in the non-profit world who are making a difference in their communities. It was our absolute pleasure to nominate Sebastian Sundquist in the Youth Philanthropist category, in recognition of his tremendous efforts over the past few years to support The Arthritis Society. Sebastian’s involvements include creating his own fundraising campaign, being a spokesperson for our annual Walk to Fight Arthritis, and sharing his story as he has been interviewed by the media on many occasions about his own experience living with juvenile arthritis. Just twelve years old, Sebastian was short-listed for this important award and recognized in front of an audience of 800 attendees at the National Philanthropy Day lunch that was recently held in Vancouver.

BONE & JOINT INJURY & REPAIR

There will be a Scientific Conference on Bone & Joint Injury & Repair sponsored by the Bone and Joint Health Interdisciplinary Program at Western University to be held in the London Convention Centre on Thursday, 16 Jan and Friday, 17 January, 2014. There is a call for presentation abstracts and poster abstracts, due by 1 October, 2013 (an extension of the 15 September date shown on the website) at www.boneandjoint.imaging.robarts.ca. Conference symposia will include sessions on Osteoarthritis, Inflammatory Arthritis, MSK Imaging, Evidence-based decision-making for Health Care Policy and Research, Orthopaedic Trauma, Biological Repair and Tissue Regeneration and Novel Therapies for Components and Implants.

CANADIAN CONNECTIVE TISSUE CONFERENCE

The annual Canadian Connective Tissue Conference (CCTC) serves as a vehicle to integrate a basic science and clinical understanding of connective tissues in health and disease, with an emphasis on bone, cartilage, musculoskeletal tissue and skin. The objectives of this conference are to provide and share new knowledge to improve connective tissue health through research, facilitate interactions and collaborations among scientists across multiple fields, and to provide networking opportunities to junior scientists, post-doctoral fellows and graduate students. The 20th CCTC conference will take place at the Delta Armories in London, Ontario from June 9th-10th, 2014. For details, see <http://connective-tissue-canada.com/cctc-2014/>

CANADIAN ARTHRITIS NETWORK

CAN's Legacy Video – The Impact of Arthritis Research in Canada

[The Impact of Arthritis Research](#) in Canada was created to show the impact of arthritis research in Canada and highlight CAN's contribution. In this 3 minute video, the story is told by researchers, consumers and people living with arthritis. The video aims to increase awareness that arthritis affects people of all ages and give a message of hope – hope for the future, hope because of the important research being done. Our hope is that as CAN's legacy period is over, our partners will be able to use this video to raise awareness, raise funds for research and advocate for change.

CANADIAN OBESITY NETWORK (CON)

Introducing a New FOCUS on Obesity Research

CON-RCO is launching a unique research funding program for 2014. The FOCUS initiative will raise a minimum of \$1.5 million each year toward funding meaningful research, education and outreach initiatives to fill in urgent knowledge gaps in obesity prevention and management. [Click here for more information!](#)

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY

New exercise guidelines developed for people with MS

According to new research out of Queen's University, an active lifestyle has many benefits for adults living with multiple sclerosis. Based on that research, Amy Latimer-Cheung (School of Kinesiology and Health Studies) has developed a new set of guidelines prescribing exercise for people with MS.

The Guideline indicates that adults with MS who have a mild to moderate disability need at least 30 minutes of moderate intensity aerobic activity two times per week and strength training activities two times per week.

The Guidelines and the [MS Get Fit Toolkit](#), which outlines how a person with MS can include safe, appropriate and effective exercise in their daily routine, are now being distributed by the MS Society of Canada and the Canadian Society for Exercise Physiology.

Calendar of Events

Bone & Joint Injury & Repair Conference	January 16-17, 2014	London, 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
Inflammatory Bowel Diseases, 9th Congress of the European Crohn's and Colitis Organisation	February 20-22, 2014	Copenhagen, Denmark
Canadian Rheumatology Association Annual Scientific Meeting & AHPA Annual Meeting	Feb 26-Mar 1, 2014	Whistler, BC
Power of Movement	March 2, 2014	Nation wide
Inflammation, Infection and Cancer	March 9-14, 2014	Whistler, BC
American Association of Orthopaedic Surgeons Annual Meeting	March 11-15, 2014	New Orleans, LA
Orthopaedic Research Society Annual Meeting	March 15-18, 2014	New Orleans, LA
Innate Immunity, Metabolism and Vascular Injury	March 23-28, 2014	Whistler, BC
Society of Rural Physicians of Canada - 22nd Annual Rural and Remote Medicine Course	March 27-29, 2014	Banff, 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
11th Annual BIO Asia International Conference	April 8-9, 2014	Tokyo, Japan
Ontario Gerontological Association Annual Conference	April 9-10, 2014	Toronto, ON
Society for Biomaterials Annual Meeting & Exposition	April 16-19, 2014	Denver, CO
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 Orthopaedic Nurse Association Conference	May 4-7, 2014	Calgary, AB
GTA Rehab Network - Best Practices Day	May 5, 2014	Toronto, ON
Saskatchewan Health Quality Council Inspire: Health Care Quality Summit	May 6-8, 2014	Saskatoon, SK
Canadian Association of Occupational Therapists Annual Conference	May 7-10, 2014	Fredericton, NB
Primary Care Today Conference	May 7-10, 2014	Toronto, ON
Laurentian Conference of Rheumatology	May 8-10, 2014	Tremblant, QC
11th Annual World Congress on Industrial Biotechnology	May 12-15, 2014	Philidelphia, PA
Global Summit on the Physical Activity of Children	May 19-22, 2014	Toronto, ON
Canadian Pain Society's 35 th Annual Scientific Meeting	May 20-23, 2014	Quebec City, QC
Ontario Rheumatology Association AGM	May 23-25, 2014	Muskoka, ON
Canadian Pharmacists Association Conference	May 21-June 3, 2014	Saskatoon, SK
Canadian College of Health Leaders and Canadian Healthcare Association - Raising the bar: A critical time for bold leadership	June 2-3, 2014	Banff, AB
Canadian Connective Tissue Conference	June 8-10, 2014	London, ON
EULAR - European League Against Rheumatism	June 11-14, 2014	Paris, France
Canadian Nurses Association Biennial Convention	Jun 16-18, 2014	Winnipeg, MB
International Conference with FIMS (International Sport Medicine Federation)	June 17-21, 2014	Québec, QC
Canadian Orthopaedic Association AGM	June 18-21, 2014	Montréal, QC
Canadian Physiotherapy Association National Congress	June 19-22, 2014	Edmonton, AB
Canadian Paediatric Society Annual Conference	June 25-28, 2014	Montréal, QC

Biotechnology Industry Organization International Convention	June 23-26, 2014	San Diego, CA
9 th Annual Summer Obesity Boot Camp	July 19-27, 2014	Edmonton, AB
Council of the Federations (COF) - 2014 Council of the Federation Summer Meeting	August 26-30, 2014	Charlottetown, PEI
American Society for Bone & Mineral Research	October 12-15, 2014	Houston, TX
Canadian Association of Critical Care Nurses - Dynamics of Critical Care Conference	September 21-23, 2014	Québec, QC
Cochrane Collaboration Colloquium	September 21-26, 2014	Hyderabad, India
Quebec Rheumatology Association	October 23-25, 2014	Québec, QC
American College of Rheumatology Congress	November 13-18, 2014	Boston, MA

Member Organizations

Alberta Bone and Joint Health Institute
Arthritis & Autoimmunity Research Centre
Arthritis Community Research & Evaluation Unit
Arthritis Consumer Experts
Arthritis Health Professions Association
Arthritis Research Centre of Canada
Arthritis Research Foundation
The Arthritis Society
Bone and Joint Canada
Canadian Alliance of Pediatric Rheumatology Investigators
Canadian Arthritis Network
Canadian Arthritis Patient Alliance
Canadian Academy of Sports and Exercise Medicine
Canadian Association of Occupational Therapists
Canadian Chiropractic Association
Canadian Obesity Network
Canadian Orthopaedic Association
Canadian Orthopaedic Foundation
Canadian Physiotherapy Association
Canadian Rheumatology Association
Canadian Society for Exercise Physiology
Canadian Spondylitis Association
Cochrane Collaboration
Consumer Advisory Board of the Arthritis Research Centre of Canada
Consumer Advisory Council of the Canadian Arthritis Network
Institute for Work and Health
McCaig Institute for Bone and Joint Health
Patient Partners

Member Companies

AbbVie Corporation
Amgen Canada Inc.
Hoffmann -La Roche Limited
Janssen Inc.
Pfizer Canada Inc.
UCB Canada Inc

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@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:

Jaime Coish at 416-586-4685 or jcoish@mtsinaion.ca,
www.arthritisalliance.ca