

ARTHRITIS ALLIANCE OF CANADA NEWSLETTER

February 2015

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Quality Improvements Projects in MOC

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About the Arthritis Alliance

Quality Improvements Projects in Models of Care

The Arthritis Alliance of Canada continues to identify innovative projects of value to improve care for patients. It is with the support of the community that successful pilots like these, and others, have significant impact:



“Audit and Feedback to Improve Outcomes for Patients with Knee OA in Family Practice”

“Audit and Feedback to Improve Outcomes for Patients with Knee OA in Family Practice” is a project led by Dr. Noah Ivers (Family Medicine) and Dr. Natasha Gakhal (Rheumatology) at Women’s College Hospital, Toronto, Ontario. This quality improvement project involves surveying patients with knee OA in an academic family practice about their care to date, pain and function as it relates to their knee pain. This feedback will then be used to develop an action plan for the patient, family physician and allied health to address the gaps in care. The patient will complete a follow up survey at 16 weeks to assess if there has been an improvement in their OA care or knee pain or function.

5 “As” of Obesity Management

Obesity is a preventable risk factor for many chronic health conditions, including osteoarthritis, and associated with high direct and indirect health care cost. Supported by the CIHR and the Public Health Agency of Canada (PHAC) Innovation Strategy, the Canadian Obesity Network – Réseau canadien en obésité (CON-RCO) developed a novel framework and tools for obesity counseling and management - the 5As (Ask, Assess, Assist, Agree and Advice) of obesity Management. Despite this framework and several guidelines, there is still a gap in implementation in primary care. To address this gap, a pragmatic study (5As Team Study) funded by Alberta Innovates Health Solutions and led by Drs. Denise Campbell-Scherer, Arya Sharma and the Edmonton Southside Primary Care Network, was initiated. During this intervention, interdisciplinary providers in the intervention team identified the need for tools in a variety of areas to facilitate effective and efficient obesity care in primary care. The tools are available at: http://www.obesitynetwork.ca/5As_Team after signing up for free membership in CON.

“Walk 10 Blocks”

A public awareness campaign towards engagement in physical activity throughout the health continuum

The project “Walk 10 Blocks”, led by Cheryl Koehn (President, Arthritis Consumer Experts), is a strategy to increase physical activity through increasing public awareness and promoting uptake through gradual behaviour change, was inspired by research showing that people who walked a minimum of 10 city blocks a day, had a lower risk of dementia and have potential to improve cardiovascular and bone health in the long term. The project is comprised of three components: a survey of the arthritis and dementia communities to ascertain their needs and preferences for a mobile application designed to assist them with physical activity; design of the mobile app; and development of a public awareness campaign with persuasive messages to promote physical activity, similar to the “Ice Bucket Challenge” for ALS. The proposed app will include 4 features: 1) a gaming module, similar to ArthritisIDTM; 2) an information compendium on how to be active safely (e.g. use of walking aids); 3) a function to wirelessly synchronize with data collected by trackers such as FitbitTM, and 4) a module providing ‘10-block equivalents’ for users living in different Canadian cities and those who cannot walk 10 blocks.



The next steps include conducting a bilingual public opinion survey (February – March 2015) to learn about what people may consider being challenges to walking 10 blocks, interest and feasibility of the 30 second sit to stand test and interest in partaking in the pilot testing of the Walk 10 Blocks app. The results will be presented to patient/consumer groups including the Arthritis Consumer Experts, Alzheimer’s Society of BC, and CARP. The feedback will help refine the Walk 10 Blocks mobile app and the public awareness campaign. The app and the campaign will be launched in September 2015.

Lupus Interactive Navigator™ (LIN)



The Lupus Interactive Navigator™ (LIN) is a web-based empowerment and self-management intervention that provides persons with lupus up-to-date information, targeted access to appropriate regional health resources, and supports throughout their journey. Funded by CIHR, the first version of the LIN has been used to in research to establish efficacy and is now poised for phase II development, translation into French and dissemination across the country. Mr. Murray Rochon from Jack Digital Productions Inc. and Dr. Paul R. Fortin, Professor of Medicine at Université Laval presented the LIN to the subcommittee on Models of Care of the Alliance on February 11, 2015, as a possible model to empower and support arthritis patient self-management.

MEMBER’S CORNER

ARTHRITIS CONSUMER EXPERTS (ACE)

Cheryl Koehn, President of Arthritis Consumer Experts, presented in a free webinar on subsequent entry biologics hosted by the Canadian Breast Cancer Network (CBCN). The one hour webinar focused on defining SEBs and the regulatory pathway for SEBs in Canada, featuring ACE’s shared experience and patient perspective and potential impact for patients living with breast cancer.

Ms. Koehn also shared a patient’s perspective at the “Innovation and Healthcare Sustainability Forum”. The event attracted 100 key opinion leaders from British Columbia’s health and life science sector, including healthcare professionals, researchers, patient groups, academia, private payers, government officials, and people in the pharma and biotech industry.

Arthritis Alliance Canada – Consumer Coalition

(Canadian Arthritis Patient Alliance, Canadian Spondyloarthritis Association, the Arthritis Patient Advisory Board of Arthritis Research Canada and the Arthritis Consumer Experts)

Live at the Canadian Rheumatology Association 70th Annual Scientific Meeting

Consumer news reporters for Arthritis Broadcast Network (ABN) conducted interviews with leading health professionals at the mobile ABN news studio during February's Canadian Rheumatology Association and Arthritis Health Professions annual meetings (CRA). ABN reporters interviewed 18 guests who shared their expert views on spondyloarthritis, juvenile arthritis, the Choosing Wisely program, medical marijuana, and treating early rheumatoid arthritis. Starting March 20, feature interviews will be posted daily on the ABN YouTube channel at <http://bit.ly/ABNYouTube>. The AAC consumer coalition invites you to share the interviews with your audiences to boost the public profile of arthritis leaders in Canada.

ARTHRITIS RESEARCH FOUNDATION

REMINDER: Show us your best Downward Dog on March 8, 2015!

On Sunday, March 8, 2015, thousands of Canadians will be taking part in the "Power of Movement" event. Join us! To find out more about festivities in your city, please visit www.powerofmovement.ca. Follow us @POMMarch2015 or Like us on Facebook at Power of Movement! See at the Mat!



THE ARTHRITIS SOCIETY

NATIONAL

Clarifying the SEB picture in Quebec

In February, The Arthritis Society took on an advocacy role in Quebec around the issue of access to medications. With the arrival to market of the drug Inflectra® – a [subsequent entry biologic](#) to the original Remicade® (infliximab) – the Quebec Ministry of Health announced that its provincial drug plan would now fund to the less expensive alternative. This may leave a patient with inflammatory arthritis thousands of dollars out-of-pocket if they stick with their successful original biologic treatment.



In a [news release](#) this month, The Society requested a meeting with Quebec's health minister to seek clarity on this policy and to address the issues it brings up for both patients and physicians.

This is just the first of what is expected to be a long series of discussions across the country as provincial payers grapple with the implications of SEBs. The Society will continue to ensure that patient needs drive these decisions.

2015-16 Research Funding Competition

The Arthritis Society has launched new research [funding opportunities](#) for the 2015-16 competition. Submissions for the following competitions are due 4 p.m. ET, Wednesday April 1, 2015:

- Doctoral awards
- Postdoctoral Fellowships
- Young Investigator Salary awards

Follow the [link](#) to log into the research portal and learn more about these funding opportunities. Email research@arthritis.ca with any questions.

Childhood Arthritis Month

In March, our community turns its attention to the 24,000 teens and children who live with the effects of arthritis. The Arthritis Society is planning events across Canada to unite these families, releasing key research news, and spearheading major awareness activities. Please visit www.arthritis.ca/childhood in March for all the latest.

BC & YUKON

Do the Scotiabank Half Marathon or 5k - on us!

We are offering free registration for anyone interested in participating in the Scotiabank Half Marathon or 5K in Vancouver on June 28, 2015. Whether you plan to walk it, run it or roll it, you can sign up to support for The Arthritis Society and receive your registration for FREE! For more information, call 604.714.5550. Limited spots are available; so if you plan to involve family or friends, act now! <http://www.canadarunningseries.com/svbm/>.

CANADIAN ARTHRITIS PATIENT ALLIANCE (CAPA)

The Canadian Arthritis Patient Alliance (CAPA) led the development of an [Arthritis Patient Charter](#) in collaboration with many arthritis stakeholders. CAPA President, Linda Wilhelm, presented a poster at the Canadian Rheumatology Association (CRA) meeting on the development and continued implementation of the Charter. There was great feedback from those who took the time to view the poster. Stay tuned for future activities to promote this tool!



CAPA is also pleased to welcome Allison Brennan to the Board of Directors. Allison has been living with Juvenile Idiopathic Arthritis since 1998. She currently conducts research on human behaviour and cognition with the Autism and Developmental Disorders Lab at Simon Fraser University in Vancouver, BC. She is currently a member of the Patient Advisory Board (PAB) of the Arthritis Research Centre (ARC). Please join us in welcoming Allison to the Board!

CANADIAN ASSOCIATION OF OCCUPATIONAL THERAPISTS (CAOT)

**Join us for this dynamic and thought provoking webinar - Return-to-Work Case Management
March 17, 2015 (12:00pm - 1:00 pm ET), Presenter: Carol Woloszyn**



This presentation will provide the Occupational Therapist Case Manager with a framework for effective management of the Return-To-Work (RTW) rehabilitation process. Suggestions will be provided for guiding the client towards RTW readiness and for directing the treatment plan from intake to the point of developing a graduated return-to-work plan. Strategies for identifying a comprehensive list of all the potential barriers to treatment and RTW will be explored. The treatment planning thought-process will be discussed, and strategies for working with other treatment providers towards the goal of a successful and durable RTW will be reviewed. To register or find our more please follow the link: http://www.caot.ca/CAOT_lunch_learn_detail.asp?pageid=4142&eventsID=195.

THE McCaig INSTITUTE FOR BONE AND JOINT HEALTH (MIBJH) UNIVERSITY OF CALGARY

The MIBJH is grateful to Dr. Nigel Shrive, who served as Interim Director and Director for 6 and half years. The MIBJH has been placed in international standing thanks to his leadership and collaborative spirit. We would like to welcome Dr. Marvin Fritzler as Interim Director of the MIBJH. Dr. Fritzler is a rheumatologist and researcher with over 40 years in academia and 15 at the Government of Alberta. We look forward to his leadership and vision.

Community Updates

“A Banting Fellowship Award”



Jessica Widdifield, PhD, of the McGill University Department of Epidemiology, Biostatistics and Occupation Health, has recently been awarded a Banting Fellowship, Canada’s most notable postdoctoral award. Her postdoctoral research focuses on enhancing the validity of using Canadian and international electronic health databases for research and surveillance



in rheumatology – by conducting comparative analyses across settings to characterize patient populations, the burden of morbidity and pre-mature mortality.

This prestigious Fellowship is named in memory of Sir Frederick Banting, the Canadian physician, researcher, Nobel laureate and war hero who, with his assistant Dr. Charles Best, is credited with the discovery of insulin. Only 23 fellowships across all health disciplines are awarded each year through the Canadian Institutes of Health Research (CIHR). This award recognizes leaders in their field and helps attract and retain top talent in Canada.

CANADIAN RHEUMATOLOGY ADMINISTRATIVE DATA (CANRAD) NETWORK



The **CANRAD Network** team includes a variety of decision makers, epidemiologists, clinicians and researchers interested in the use of administrative data for rheumatic disease research. We will be organizing a Spring Webinar in the next coming months, topic and presenters to be announced soon. For more information pertaining to the CANRAD Network or our webinars, please contact Autumn Neville

at autumn.neville@clinepi.mcgill.ca or visit our website <http://www.canradnetwork.ca/>

The **Canadian Network for Advanced Interdisciplinary Methods for comparative effectiveness research’ (CAN-AIM)** team was funded by CIHR to develop novel methods using prospective longitudinal cohorts and to respond to key knowledge gaps regarding drug safety and effectiveness by answering queries which arise from Health Canada and other regulatory parties. Our demonstration project looked at the comparative effectiveness of anti-tumour necrosis factor (TNF) agents versus traditional disease-modifying agents (DMARDs) in reducing orthopaedic surgery in rheumatoid arthritis (RA). For information on our preliminary results or for more information on our team, please contact Autumn Neville at autumn.neville@clinepi.mcgill.ca or visit our website <http://canaim.ca/>.



UNIVERSITY OF TORONTO

The Advanced Clinician Practitioner in Arthritis Care (ACPAC) program



The Advanced Clinician Practitioner in Arthritis Care (ACPAC) program is pleased to announce that applications for its 2015-2016 program are NOW OPEN. ACPAC is a hybrid academic and clinical training program that prepares experienced physical therapists, occupational therapists, and nurses for extended practice roles in the diagnosis and management of patients with arthritis. Fellowships are available for this year’s program. The deadline to apply is Friday May 15, 2015. For more information contact Dr. Katie Lundon (katie.lundon@utoronto.ca) or to apply visit <http://acpacprogram.ca/about-the-program/register/>.

Calendar of Events

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| Power of Movement | March 8, 2015 | Nation wide |
| Registered Nurses Association - Annual Nurse Executive Leadership Academy | March 1-4, 2015 | Niagara-on-the-Lake, ON |
| American Association of Orthopaedic Surgeons Annual Meeting | March 24-28, 2015 | Las Vegas, Nevada |
| Orthopaedic Research Society Annual Meeting | March 28-31, 2015 | Las Vegas, Nevada |
| Ontario Physiotherapy Association - Inter-Action | March 27-28, 2015 | Ottawa, ON |
| Society for Biomaterials Annual Meeting & Exposition | April 15-18, 2015 | Charlotte, NC |
| Canadian Foundation of Healthcare Improvement- Taming of the Queue | April 16-17, 2015 | Ottawa, ON |
| Ontario Gerontological Association 34 th Annual Conference | April 21-22, 2015 | Toronto, ON |
| Canadian Conference on Medical Education 2014 | April 25-28, 2015 | Vancouver, BC |
| 9 th Annual Summer Obesity Boot Camp | April 28- May 2, 2015 | Toronto, ON |
| Pediatric Orthopaedic Society of North America AGM | April 29-May 2, 2015 | Atlanta, GA |
| OARSI World Congress | April 30-May 3, 2015 | Seattle, WA |
| Primary Care Today Conference | May 6-9, 2015 | Toronto, ON |
| Canadian Pain Society's 36 th Annual Scientific Meeting | May 20-23, 2014 | Charlottetown, PEI |
| 12 th Annual Cochrane Canada Symposium "Reaching New Heights, Measuring Success" | May 21-22, 2015 | Calgary, AB |
| Ontario Rheumatology Association AGM | May 22-24, 2015 | Muskoka, ON |
| Canadian Orthopaedic Nurse Association Conference | May 24-27, 2015 | Fredericton, NB |
| Canadian Association of Occupational Therapists Annual Conference | May 27-30, 2015 | Winnipeg, MB |
| Canadian Connective Tissue Conference | May 28-30, 2015 | Québec, QC |
| Canadian Pharmacists Association Conference | May 28-31, 2015 | Ottawa, ON |
| EULAR - European League Against Rheumatism International Conference with FIMS (International Sport Medicine Federation) | June 10-13, 2015 | Rome, Italy |
| Canadian College of Health Leaders and Canadian | June 15-16, 2015 | Charlottetown, PEI |
| Biotechnology Industry Organization International Convention | June 15-18, 2015 | Philadelphia, PA |
| Canadian Physiotherapy Association National Congress | June 18-21, 2015 | Halifax, NS |
| Canadian Paediatric Society Annual Conference | June 24-27, 2015 | Toronto, ON |
| Council of the Federations (COF) - 2014 Council of the Federation Summer Meeting | July 14-18, 2015 | Newfoundland |
| 12 th Annual World Congress on Industrial Biotechnology | July 19-22, 2015 | Montréal, QC |
| Canadian Association of Critical Care Nurses - Dynamics of Critical Care Conference | September 27-29, 2015 | Winnipeg, MB |
| Cochrane Collaboration Colloquium | October 3-7, 2015 | Vienna, Austria |
| Vasculitis Symposium | October 8, 2015 | Calgary, AB |
| Canadian Vasculitis (CandVasc) Annual Scientific Meeting | October 9, 2015 | Calgary, AB |

ABOUT THE ARTHRITIS ALLIANCE OF CANADA

With more than 36 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 jcoish@arthritisalliance.ca or visit our website www.arthritisalliance.ca