

ARTHRITIS ALLIANCE OF CANADA NEWSLETTER

November 2015

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Arthritis Alliance of Canada

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ARTHRITIS ALLIANCE OF CANADA

2015 ANNUAL CONFERENCE AND RESEARCH SYMPOSIUM DELTA LODGE HOTEL KANANASKIS, OCTOBER 22-23, 2015

"Building Capacity for Sustainable Health Care in Canada"

October 22-23, 2015, the Arthritis Alliance of Canada (AAC), in partnership with the Canadian Institutes of Health Research Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA) brought together in picturesque Delta Lodge in Kananaskis, more than 200 arthritis stakeholders and leading experts in osteoarthritis - scientists, engineers, healthcare providers, trainees, specialists, and most importantly, people living with arthritis. Here are some highlights from the program:

- The Research Symposium **"New Directions in Osteoarthritis (OA) Research"**, Thursday, October 22nd, looked ahead at promising approaches for future studies, and identified some knowledge gaps and research opportunities in osteoarthritis research.

Thursday's programme featured presentations from prominent researchers: Dr. Ewa Roos (Denmark), Dr. Gillian Hawker (Toronto), Dr. Frank Beier (London, ON), Dr. Nicholas Mohtadi (Calgary), Dr. Carolyn Emery (Calgary) and Dr. Linda Li (Vancouver).

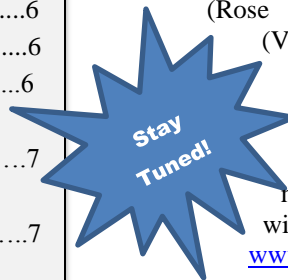
The symposium also featured a consumer panel on Canadian Osteoarthritis Research: "From study participants to knowledge transfer agents" presented by Mr. John Coderre (Ottawa), Ms. Anne Fouillard (Rose Bay), Ms. Alison Hoens (Vancouver) and Dr. Jean Miller (Calgary).



Dr. Ewa Roos, Professor, Institute of Sports Science and Clinical Biomechanics, Odense, Denmark



From Left to Right: Ms. Alison Hoens, Ms. Anne Fouillard, Mr. John Coderre and Dr. Jean Miller



A **"Priorities for osteoarthritis research"** manuscript is underway and will be available at www.arthritisalliance.ca soon.

Please click [here](#) to view presentations from the session.



Dr. Cy Frank

August 3, 1949 –
March 5, 2015

The day concluded with a very special Gala Tribute Dinner in honor of the accomplishments and legacy of the late Dr. Cy Frank, a well-known researcher, leading orthopaedic surgeon, creative innovator, a visionary, and patient advocate. We were pleased to be joined by special guests from the Rocky Mountain Ligament group **Dr. David Butler, Dr. Dick Brand and Dr. Jack Lewis**. Friends and colleagues assembled a short video tribute, which can be found [here](#).

- Friday's October 23rd programme presented three AAC workshops:
 - **Models of Care Workshop, “Building Clinical Capacity to Diagnose and Manage OA”**, focused on identifying ways to work together to improve sustainability of health care system in Canada.
 - **Research Workshop, “New Directions in Osteoarthritis Research”** synthesized the outcomes and ideas of the AAC members, partners and stakeholders in identifying knowledge gaps in osteoarthritis research prioritizing key research questions and looking for strategies to tackle them.
 - **Advocacy and Awareness Workshop** reviewed the political landscape across the regions, policy positions and key messaging on arthritis issues and hot topics and brainstormed on the strategies for participating in health policy formation.

Please click [here](#) to view the presentations made by the speakers of the workshops.

Here's what some of our participants are saying:

“The whole program was excellent! Continue to identify themes that resonate with the majority”

“Great meeting on a number of levels. Good focus on OA!”

“Excellent topics and presenters, great interactions and networking opportunities!”

Qualman-Davies Arthritis Consumer Community Leadership Award



Featured: L. Wilhelm, recipient of the 2015 Qualman-Davies Arthritis Consumer Leadership Award

The 2015 Qualman-Davies Arthritis Consumer Leadership Award was presented to Linda Wilhelm at the Gala Tribute Dinner following the Research Symposium “New Directions in Osteoarthritis Research”, for long-standing leadership in the consumer-patient community and patient advocacy. Linda has served her fellow consumers in numerous capacities, including leadership positions in the Canadian Arthritis Patient Alliance and the Best Medicines Coalition, and as a representative on the Arthritis Alliance of Canada Membership and Advocacy and Awareness Committees.

When asked to describe Linda, all who meet her agree that she effectively and fearlessly communicates what the life of a person who lives with rheumatoid arthritis is like – the good, bad and the ugly. **Congratulations, Linda!**



From Left to Right: Linda Wilhelm, Dr. Hani El-Gabalawy

Thanks to Our Sponsors for their generous support!



THE ARTHRITIS SOCIETY

NATIONAL

The Arthritis Society to host medical cannabis roundtable in Vancouver next month

The Arthritis Society is hosting a roundtable discussion on medical cannabis in Vancouver on December 3 and 4, 2015. Select organizations have been invited from across the chronic pain field to offer their insights, including patient groups, researchers and policy makers.



Featuring a keynote address from Dr. Ethan Russo, past-president of the International Cannabinoid Research Society (ICRS) and long-standing advocate and champion for scientific rigour in cannabis research, this roundtable will be used to establish consensus amongst the scientific and health services communities as to the top priorities for research into medical cannabis.

The conference objectives are straight-forward: to identify and confirm the most important research questions for the biggest impact for people with pain and chronic disease; and to ensure this research is relevant to all stakeholders tied to cannabis policy and services.

The Arthritis Society and CARP announce strategic partnership

The Arthritis Society and CARP are joining forces to share resources and create awareness of issues common to both organizations. The objective of this strategic partnership is to promote awareness of the benefits of both CARP membership and The Arthritis Society's programs and services to each organization's members. Joint promotion of programs and resources through each organization's events, newsletters and online will begin in 2016.

BC & YUKON DIVISION

Machu Picchu for the Cause!

Recently, The Arthritis Society invited people to be a part of the unique charity challenge concept that united an amazing trip with meaningful fundraising for The Society. BC Rheumatologist Dr. Angela How took up the challenge and decided to go to Machu Picchu in support of The Society and to cross this trip off her bucket list!

Dr. How described it as "a visual feast of archeological sites, comparable even to the pyramids? It was so amazing with the cloud forest, the surroundings, the mountains and the orchids, and just reflecting on the ability they had to build this incredible place in the middle of nowhere. There were llamas everywhere, and all around you are the mountains that rise from the valley floor six thousand metres straight up! Machu Picchu IS nature - you are surrounded by it, and it is a very pristine site."

The Charity Challenge is gearing up for two new adventures in 2016 - The Grand Canyon and Machu Picchu! It's also a great way to celebrate a significant milestone with friends or family. Find out how you can be a part of it here: <http://arthritis.ca/events/charity-challenge>

StandUpToBackPain.ca empowers Canadians to learn the differences between the two types of back pain—inflammatory and mechanical—in order to help people identify inflammatory arthritis, which can cause damage to the spine.

MEMBER'S CORNER

ARTHRITIS CONSUMER EXPERTS (ACE)

ACE is pleased to announce the winners of its second annual Canada's Best Workplaces for Employees Living with Arthritis award. Based on insights shared by employees and company managers, the following companies have been awarded for their best arthritis practices and commitment to employee health and well-being: **Simon Fraser University, L'Oréal Canada and High Liner Foods.**



Commenting on the award, Cheryl Koehn, ACE President said: "Based on our experience the past two years running this program, we are finding there is a ripple effect where employers appear to learn from one another, creating new internal practices and, in some cases, appropriately raising expectations for arthritis education in the workplace."

ACE received more than 60 submissions and interviewed employees and company managers from the nominated companies. ACE thanks everyone who participated in the program and made a difference in the workplace for those living with arthritis.

ARTHRITIS HEALTH PROFESSIONS ASSOCIATION (AHPA) UPDATE

AHPA is excited to announce that we have a new website: www.ahpa.ca. Our website offers a brand new look, providing members with more real time, up to date educational and networking opportunities. We encourage you to explore our website to learn more about AHPA and all the exciting activities in which AHPA is involved. Our membership drive for 2016 is also open! The AHPA is a society of health professionals who work in the field of rheumatology. Our focus at AHPA continues to be on education, and research with the ultimate goal of providing excellent care for patients with arthritis. For current members, renewal will continue to provide you with opportunities to stay current, share knowledge and expertise, network, take part in annual conferences, apply for research grants, and more. In addition, we encourage allied health professionals with an interest in arthritis, who have never been members, to consider all the benefits AHPA membership offers! To join or renew your membership with AHPA please visit us at <https://www.ahpa.ca/join/>.

BONE AND JOINT CANADA



Bone and Joint Canada has teamed up with researchers from Denmark to implement an evidence-based education and exercise program that has been shown to reduce the progression of Osteoarthritis (OA) in the knee and hip by 36%. GLA:D is a neuromuscular exercise program that increasing stability thereby reducing pain and increasing function. BJC has launched the program at Sunnybrook Holland Orthopedic and Arthritis Centre where it will be offered to individuals being assessed for hip and knee replacement surgery.

Over the next few months, BJC will be launching the program with other partner organizations where treatment of OA is a primary component of their clinical practice. If you would like any information about the GLA:D Canada program, please contact Rhona McGlasson at Rhona.McGlasson@bell.net.

CANADIAN ARTHRITIS PATIENT ALLIANCE (CAPA)

The Canadian Arthritis Patient Alliance (CAPA) has launched a pregnancy and parenting project and the first phase of the project is to identify patient information needs relating to managing arthritis during this stage in their lives. To this end, a **Pregnancy and Parenting Survey** has been launched and will help guide the development of an educational resource on this important topic.

The survey is open to all people living with arthritis as well as those in their network of support (including rheumatologists and other health care professionals). **Take the [survey](#) and have your say!**

MEMBER'S CORNER

CANADIAN SPONDYLITIS ASSOCIATION

On October 22 we launched an Ankylosing Spondylitis health app to allow patients to track their medications, doctor's appointments, symptoms, pain and fatigue levels, moods and more. The app will also sync with other health apps and fitness devices. The AS Health Storylines app is available from the Apple App store and Google Play throughout North America.

On November 17 we held a patient forum at Toronto Western Hospital. Details can be found at www.spondylitis.ca. We also have a patient forum scheduled for Vancouver on April 30, 2016.

CIHR INSTITUTE OF MUSCULOSKELETAL HEALTH AND ARTHRITIS (CIHR-IMHA) Young Investigators Forum



The Canadian Institutes of Health Research Institute of Musculoskeletal Health and Arthritis hosted a Young Investigators Forum, October 22 – 23 in Kananaskis, Alberta, bringing together over 80 new researchers. The Forum coincided with the Arthritis Alliance of Canada's (AAC) annual meeting. Participants partook in sessions on new CIHR reforms, grant writing, patient engagement, building multidisciplinary teams, reinventing careers and establishing publication records. In addition, they learned about the legacy of the late Dr. Cy Frank, inaugural Scientific Director of CIHR – IMHA, to whom the AAC symposium, "New Directions in Osteoarthritis Research," was dedicated.

Canada-Netherlands Personalized Medicine in Immune Mediated Inflammatory Musculoskeletal Disease Network Funding Opportunity



On November 7, 2015, the CIHR Institute of Musculoskeletal Health and Arthritis (CIHR-IMHA), in partnership with ZonMw and Reumafonds hosted an information session regarding the **Canada-Netherlands Personalized Medicine in Immune Mediated Inflammatory Musculoskeletal Disease Network Funding Opportunity**. The session took place during the American College of Rheumatology Annual Meeting in San Francisco.



Dr. Hani El-Gabalawy, Scientific Director of CIHR-IMHA, presented information and answered questions about the funding opportunity. For more information about the session, please contact: Nicole Szajcz-Keller, Assistant Director, Institute of Musculoskeletal Health and Arthritis Canadian Institutes of Health Research, at: Nicole.Szajcz-Keller@umanitoba.ca.



McCaig INSTITUTE FOR BONE AND JOINT HEALTH (MIBJH) University of Calgary

October was a busy month at MIBJH. "Encore 2015," a musical event featuring the Alberta Ballet and Holly Cole, raised money and awareness for bone and joint health in Alberta. MIBJH also hosted two free public events on knee injury, prevention, treatment and research. Both "Wood Forums" were filled to capacity, as attendees heard presentations from University of Alberta and University of Calgary researchers and sports figures Robyn Regehr and Kelly VanderBeek.

In other news, world renowned biomechanics researcher and MIBJH member Walter Herzog was reappointed for a five-year term as the University's Killam Memorial Chair, and Tannin Schmidt, associate professor with the Faculty of Kinesiology and the Schulich School of Engineering received the Killam Emerging Research Leader Award.

Community Updates

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. Our Winter Webinar has been scheduled for December 14th at 1PM EST and we are happy to announce that we will be having a presentation by Dr. Cristiano Moura (McGill University) and Dr. Jessica Widdifield (McGill University) on their work looking at joint replacements in rheumatoid arthritis in Quebec and in Ontario.

For more information pertaining to the CANRAD Network or information about our past webinar(s), 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/>.



A new clinical trial information website from the Network of Networks



www.itstartswithme.ca is a new site clinical trials and was developed by patients who have participated in a clinical trial (including members of CAPA), caregivers who have had a loved one participate in a clinical trial, and people who work in clinical trials and research. The site is an overview of clinical trials, includes things to think about or ask before deciding to participate, participant rights, and has a glossary. Feel free to link to and circulate the site as you wish.

The site was created by the [Network of Networks](#) which represents member organizations that conduct clinical research and trials in Canada. For more information on the site, please contact Dawn Richards (dawn.p.richards@gmail.com).

The Clinical Epidemiology Program at the Ottawa Hospital Research Institute

POSTDOCTORAL FELLOWSHIP: Biostatistical Methods for Evaluation of Large-scale Quality Improvement Interventions

The Clinical Epidemiology Program at the Ottawa Hospital Research Institute in Ottawa, Ontario, invites applications for a post-doctoral fellowship position, available January 2016, with a special focus on cluster randomized trials. We are seeking a talented individual who plans to begin or expand their research career by capitalizing on a variety of multi-disciplinary collaborative projects. The successful candidate will have opportunities for extending their experience and networks, and for professional development through publications, presentation at scientific conferences, and involvement in proposal writing.

Working primarily with Dr. Monica Taljaard and Dr. Jeremy Grimshaw, the candidate will be expected to contribute to the design and analysis of large-scale pragmatic trials of policy-oriented, quality improvement and health services interventions - including stepped wedge and cluster randomized trials - with opportunities for methodological development. For more details about the program, please contact Dr. Monica Taljaard at mtaljaard@ohri.ca.



Calendar of Events

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| Osteoarthritis Therapeutics Conference 2015 - Targeting Metabolic and Oxidative Stress in Osteoarthritis | December 8-11, 2015 | Budapest, Hungary |
| Canadian Rheumatology Association Annual Scientific Meeting and AHPA Annual Meeting | February 17-20, 2016 | Lake Louise, AB |
| Inflammatory Bowel Diseases, 11 th Congress of the European Crohn's and Colitis Organisation | March 16-19, 2016 | Amsterdam/Netherlands |
| Global Summit on the Physical Activity of Children: Active Living Research Conference | January 31-February 3, 2016 | Hilton Clearwater Beach, Florida |
| Power of Movement | March 6, 2016 | Nation wide |
| Registered Nurses Association - Annual Nurse Executive Leadership Academy | May 31-June 3, 2016 | Niagara-on-the-Lake, ON |
| American Association of Orthopaedic Surgeons Annual Meeting | March 1-5, 2016 | Orlando, Florida |
| Orthopaedic Research Society Annual Meeting | March 5-8, 2016 | Orlando, Florida |
| Ontario Physiotherapy Association - InterACTION | April 8-9, 2016, 2015 | Toronto, ON |
| Ontario Gerontological Association 35 th Annual Conference on Aging | May 4-5, 2016 | Toronto, ON |
| Canadian Conference on Medical Education 2014 | April 16-19, 2016 | Montreal, QC |
| 10 th Annual Summer Obesity Boot Camp | April 2016 | Kananaskis, AB |
| Annual World Congress on Industrial Biotechnology | April 17-20, 2016 | San Diego, CA |
| Pediatric Orthopaedic Society of North America AGM | April 27-30, 2016 | Indianapolis, IN |
| OARSI World Congress | March 31-April 3, 2016 | Amsterdam, Netherlands |
| Primary Care Today Conference | May 4-7, 2016 | Toronto, ON |
| Canadian Pain Society's Annual Scientific Meeting | May 24-28, 2016 | Vancouver, BC |
| Ontario Rheumatology Association 15 th Annual General Meeting | May 27-29, 2016 | Muskoka, ON |
| Canadian Orthopaedic Nurse Association Conference | May 29-June 1, 2016 | Edmonton, AB |
| Canadian Association of Occupational Therapists Annual Conference | April 19-22, 2016 | Banff, AB |
| 22 nd Canadian Connective Tissue Conference | June 1-3, 2016 | Hamilton, ON |
| Canadian Pharmacists Association Conference | June 24-27, 2016 | Calgary, AB |
| EULAR - European League Against Rheumatism International Conference | June 8-11, 2016 | London, UK |
| Canadian College of Health Leaders: National Health Leadership Conference | June 6-7, 2016 | Ottawa, ON |
| Biotechnology Industry Organization International Convention | June 6-9, 2016 | San Francisco, CA |
| Canadian Physiotherapy Association National Congress | May 26-28, 2016 | Victoria, BC |
| Canadian Paediatric Society Annual Conference | June 22-25, 2016 | Charlottetown, PEI |
| Council of the Federations (COF) - 2016 Council of the Federation Summer Meeting | July 20-22, 2016 | Whitehorse, Yukon |
| Canadian Association of Critical Care Nurses - Dynamics of Critical Care Conference | September 25-27, 2016 | Charlottetown, PEI |
| Cochrane Collaboration Colloquium | October 23-27, 2015 | Seoul, South Korea |
| Vasculitis Symposium | TBC | TBC |
| Canadian Vasculitis (CandVasc) Annual Scientific Meeting | October 2016 | TBC |

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