

My Health Care Team



The rheumatology health care team provides education, counseling, treatments and community resources to help you develop skills to take control and live well with your condition.

The Rheumatologist

1. Examine you, order tests and diagnose your condition(s)
2. Work with you and your family doctor to obtain treatment goals (no swelling or pain) and monitor your condition.
3. Prescribe medications and treatments for arthritis & other health conditions.



Questions to ask if I need to see a rheumatologist?

1. Do I have swelling, pain and stiffness in bones, joints or muscles?
 2. Are my medications controlling the swelling and pain?
 3. Am I having any problems with the medication I take for my condition?
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The Rheumatology Nurse

1. Provide supportive counseling & education on your condition, medications, treatment options, and health concerns.
2. Teach you skills such as self-injection, adjusting medications, dealing with side effects of medications, talking with your doctor, and wellness strategies to live a healthy lifestyle.
3. Give injection medications when ordered by your doctor.



Questions to ask if I need to see a nurse?

1. Would I like to talk to a nurse?
 2. Am I confused about my medications & how they work?
 3. Do I need some help in coping with this condition (physically, emotionally, socially, sexually, or spiritually)?
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The Physiotherapist

1. Assess your physical strength and level of fitness



2. Provide specific exercises and treatments (TENS, ultrasound) for your condition.

Questions to ask if I need to see a physiotherapist

1. Am I having difficulty to walk, move my body or exercise?
 2. Are there any daily activities I am unable to do because of weakness, poor balance, pain or stiffness?
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The Occupational Therapist

1. Assess your ability to carry out every day tasks.
2. Problem solve solutions to improve your quality of life & independence.
3. Provide foot orthotics and hand splints to support joints, improve ability to move, and reduce pain.

Questions to ask if I need to see an OT

1. Am I having difficulty doing daily activities at home or work? (i.e. getting meals, getting dressed, having a bath, tying shoes, or using a computer)
 2. Do I have any issues with standing, walking or using my hands?
 3. Do I struggle with pain or fatigue (tiredness)?
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The Social Worker

1. Connect you and family members to community resources.
2. Help you deal with the practical concerns in life, including housing, financial and family worries
3. Help you to adjust to emotional and social changes, including depression, stress, social isolation and loss of purpose in life



Questions to ask if I need to see a social worker?

1. Have I been feeling sad or overwhelmed lately?
 2. Do I have money or housing worries?
 3. Am I feeling alone in dealing with my condition?
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