

Steps to Managing Arthritis – List of Resources

Legend:

MPAP – Mary Pack Arthritis Program

OASIS – Osteoarthritis Service Integration System

TAS – The Arthritis Society

Don't know what type of arthritis you have?

Arthritis Symptom Checker - <http://arthritis.ca/understand-arthritis/symptom-checker>

Resources for managing things that may make your arthritis worse

Smoking

- Quit Now - <https://www.quitnow.ca/>

Excess body weight

- MPAP – Healthy eating & weight management PEP (education class)
- OASIS – Mindful eating for weight control - <http://oasis.vch.ca/our-classes/> (education class)
- Dietician services - <https://www.healthlinkbc.ca/dietitian-services>

Resources for general arthritis information

- TAS: Arthritis Answers Line (604) 875-5051, Toll Free 1-800-321-1433, 10:00 am – 4:00 pm (Monday to Friday)

Resources for learning more about osteoarthritis

- MPAP – Managing Osteoarthritis (education class)
- OASIS - <http://oasis.vch.ca/our-classes/> (education class)
- TAS - <http://arthritis.ca/understand-arthritis/about-arthritis> (online information)
- TAS - <http://arthritis.ca/manage-arthritis/educational-resources-tools/people-getting-a-grip-on-arthritis-videos> (online information)

Resources for learning more about rheumatoid arthritis and psoriatic arthritis

- MPAP – Managing Inflammatory Arthritis (RA and Psoriatic Arthritis)(education class)
- TAS - <http://arthritis.ca/understand-arthritis/about-arthritis> (online information)
- TAS - <http://arthritis.ca/manage-arthritis/educational-resources-tools/people-getting-a-grip-on-arthritis-videos> (online information)

Resources for learning more about other common types of arthritis

- Lupus – BC Lupus Society <http://www.bclupus.org/>
- Ankylosing Spondylitis - Canadian Spondylitis Association - <http://www.spondylitis.ca/>
- Scleroderma – Scleroderma Association of BC - <http://www.sclerodermabc.ca/>

Web resources for learning more about medications for arthritis

- Medication Guide 2017 - <http://www.jointhealth.org/pdfs/MedicationsGuideJune2017.pdf>

Web resources for determining your current level of inflammatory arthritis disease activity

- RA symptom assessor - <https://ra.rheuminfo.com/>
- Psoriatic arthritis symptom assessor - <https://psa.rheuminfo.com/>
- AS symptom assessor - <https://as.rheuminfo.com/>

Resources for managing pain

- MPAP – Managing pain (education class)
- OASIS – Managing pain - <http://oasis.vch.ca/our-classes/> (education class)
- TAS - http://education.arthritis.ca/ManagingChronicPain-EN/story_html5.html (online)
- Chronic Pain Self-Management Program-
<http://www.selfmanagementbc.ca/chronicpainprogram> (classes or online)
- Pain BC toolbox - <https://www.painbc.ca/chronic-pain/pain-toolbox> (online)
- Canadian Institute for the Relief of Pain and Disability - <http://www.cirpd.org/> (online)

Resources for managing sleep

- MPAP – Managing fatigue (education class)
- OASIS – Sleep, stress & OA - <http://oasis.vch.ca/our-classes/> (education class)
- TAS - <http://education.arthritis.ca/en-us/agoodnightsleep.aspx> (online)

Other causes of sleep problems

- Healthlink BC - <https://www.healthlinkbc.ca/health-topics/slppb> (online directory)

Resources for managing fatigue

- MPAP – Managing fatigue (education class)
- TAS – fatigue & arthritis - <http://education.arthritis.ca/en-us/fatigueandarthritisis.aspx> (online)

Resources for managing stress

- MPAP – Managing stress (education class)
- OASIS – Sleep, stress & OA - <http://oasis.vch.ca/our-classes/> (education class)
- Positive coping with health conditions - <http://www.sfu.ca/carmha/publications/positive-coping-with-health-conditions.html> (online workbook)

Resources for managing emotions

- MPAP – Managing emotions (education class)
- MindHealth BC - <http://www.mindhealthbc.ca/> (online)
- Anti-depressant online skills workbook -
<http://www.sfu.ca/carmha/publications/antidepressant-skills-workbook.html>
- Bounce Back -<http://www.cmha.bc.ca/programs-services/bounce-back/>
- TAS: Mental health & well-being - http://education.arthritis.ca/MentalHealth-EN/story_html5.html (online)
- TAS: Dealing with depression - <http://education.arthritis.ca/en-us/dealingwithdepression.aspx> (online)

Resources for managing activities

- MPAP – Managing activities & understanding exercise (education classes)
- OASIS – OA & exercise - <http://oasis.vch.ca/our-classes/> (education class)
- Physical activity line of BC - <https://www.healthlinkbc.ca/physical-activity-services> (telephone)
- TAS: Physical activity & exercise – <http://education.arthritis.ca/en-us/physicalactivityandexercise.aspx> (online)
- TAS: Balance activities - <http://education.arthritis.ca/en-us/balanceactivities.aspx> (online)

Resources for overall disease management

- Chronic disease self-management program (CDSMP)
<http://www.selfmanagementbc.ca/chronicdiseaseprogram>

- CDSMP (Other languages) - <http://www.selfmanagementbc.ca/SelfManagementProgramsOtherLanguages>
- Online CDSMP - <http://www.selfmanagementbc.ca/chronicdiseaseprogram>
- Aboriginal CDSMP - <http://www.selfmanagementbc.ca/aboriginalchronicdiseaseprogram>

Resources to support self-management

- Support – BCs Health Coach Program - <http://www.selfmanagementbc.ca/healthcoachprogram>
- Tools to track & monitor arthritis:
 - Track & React - <http://www.arthritis.org/living-with-arthritis/tools-resources/track-and-react/>
 - MyRA - <https://itunes.apple.com/ca/app/myra/id563338979?mt=8>