

Arthritis affects quality of life in many ways. The following services are designed to meet the needs of people with arthritis.

## Outpatient Services

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**\*Note: Doctor's Referral Required**

### **\*Occupational Therapy**

Even simple, everyday activities can be painful and difficult if you have arthritis. Occupational therapists provide advice on making everyday activities easier. They help you modify your daily activities to reduce pain and fatigue and to improve function.

### **\*Physical Therapy**

Physical therapists assess and treat your movement, strength and pain problems. Treatment may include physical activity coaching, specific exercises, self-management techniques and other therapies such as heat application or laser where appropriate.

### **\*Social Work**

Social workers counsel you and your family to help you cope with the social and psychological effects of living with chronic illness. They also provide information about community resources and support groups.

### **\*Nursing**

Nurses provide you with direct care and education to help you understand your condition (arthritis) and the symptoms of arthritis.

## Specialized Programs

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**\*\*Note: Program requires a Rheumatologist referral.**

### **\*\*Outpatient Day Program**

Offers short-term daily intensive treatment, counselling, education, and community follow-up for adults with complex forms of arthritis.

### **\*\*Drug Monitoring Program**

Provides weekly clinics to administer medications and monitor the safety and effectiveness of disease modifying medications such as gold salts, Cyclosporine, and newer biologic drugs such as: Orencia, Actemra, Remicade, and Rituxan.

### **\*\*Biologics Infusion Program**

Offers daily clinics to administer and monitor a variety of medications delivered by IV infusion.

### **\*\*Young Adult Program**

Provides treatment, counselling, education, and community follow-up services for young adults who have transitioned from the Pediatrics Rheumatology Clinic at Children's Hospital.

### **Patient Education Program**

Education classes are available for people with arthritis and their families who are interested in learning about arthritis and its management. (Self- Referral)

### **\*Outreach Services**

Rheumatologists and occupational therapists assess and treat adults living in rural communities throughout the province. (Doctor's Referral Required)

## Appointments

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- You will be called by phone with your first appointment time
- Appointments are available at the following times:
  - 8am to 4pm, Mon., Wed., Fri.
  - 8am to 6:00pm, Tues., Thurs.
- Arrive **20 minutes early** upon first visit to fill out forms
- Your first visit will take about **one hour**
- Future appointments are arranged with your therapist (evening times available)
- If you have difficulty with English, please let us know if an interpreter is required.
- Please bring a list of your **medications** and a list of any **surgeries** you have had

### **What to wear**

Comfortable clothing such as:

- A track suit
- A loose fitting blouse/shirt
- Loose pants or shorts

### **Cancellations**

- 24-hour notice is required
- To leave a cancellation message, call: 604-875-4040 or 604-875-4111 x 68810
- If two appointments are missed without giving 24-hour notice, you may be discharged

### **Change in Condition**

If your condition worsens while waiting for treatment, we suggest calling your doctor.

*\*You will receive a call after your referral has been processed and an appointment time becomes available\**

**Mary Pack Arthritis Program**  
**Fax Referrals to: 604-875-4321**

**Scheduling/Admitting Desk**  
**Tel: 604-875-4040**

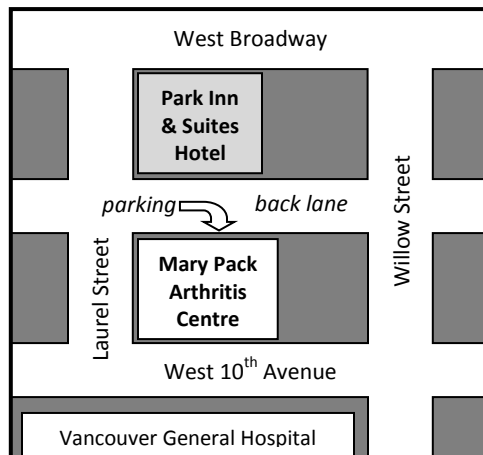
Visit us at our website:  
<http://mpap.vch.ca>

For more information on  
arthritis, community programs,  
and services, contact:

**The Arthritis Society**  
**Vancouver: 604-875-5051**  
**Toll Free: 1-800-321-1433**  
**E mail: [info@arthritis.ca](mailto:info@arthritis.ca)**  
**[www.arthritis.ca](http://www.arthritis.ca)**

**Welcome to the**  
**Mary Pack Arthritis**  
**Treatment Program**

## LOCATION



**Mary Pack Arthritis Centre**  
**895 10<sup>th</sup> Avenue W**  
**Vancouver, BC V5Z 1L7**

Limited Pay parking is available in the  
underground parking lot.

Updated February 2018

### ***Our Mission***

*"To improve the well-being of people with arthritis by providing excellence and leadership in arthritis care, research and education."*