

FALL 2019

ACE Clinical Link Newsletter

December 12, 2019



Mary Pack
Arthritis Program

**Created and distributed by the Mary Pack Arthritis Program:
A newsletter for health professionals caring for people with arthritis**

Editor's Message

This is my first attempt at a newsletter after Paul Adam's early retirement at the end of May 2019. We miss him very much and thank him for his tremendous and diverse contributions to the Program over the past 30 years! We wish him well in this wonderful new phase of his life on Vancouver Island.

In this issue, you'll find information about upcoming educational offerings including our 4-day ACE workshop (NOTE: Early bird registration deadline is Jan. 31st), our latest Clinical Exchange, changes to the Mary Pack Arthritis Program and new patient education resources.

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PT Teaching Supervisor

*Comments or questions always welcomed – marie.westby@vch.ca
Follow us on Twitter - <https://twitter.com/VCHArthritis>*

ACE Online Survey



Thank you to everyone who completed the survey on your arthritis continuing education needs and preferences, interest in eLearning and reflection on current arthritis care. We heard from 155 clinicians from both the public and private sector and across all BC health authorities and the Yukon and are currently compiling and analyzing the results – stay tuned!

Hip and Knee Arthroplasty Rehab: An Advanced Skills Workshop for Physical Therapists

We offered 2 workshops this fall – Kelowna (Oct. 19-20th) and Vancouver (Nov. 2-3rd) The Vancouver workshop included participants from throughout BC and as far away as New Brunswick! Thank you to the lead instructors (Susan Ting, Sara Falkner, Heather Walker and Melanie Soer) for sharing their expertise in TJA rehab and all our other clinical instructors and patient volunteers for sharing their time.

At this time, we have not scheduled a workshop for 2020.

Reminder to Save the Dates for 2020 Arthritis Continuing Education Events!

APRIL 2020						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

ACE Course for PTs, OTs, and nurses – April 27-30, 2020

Our annual 4-day workshop on Arthritis Assessment and Management for physical therapists, occupational therapists, and nurses will take place **April 27-30, 2020** at the Mary Pack Arthritis Program (MPAP) in Vancouver. Find out more information about the course, course fees and how to register here:

<http://mpap.vch.ca/resources-for-professionals/becoming-an-ace-member>

Early bird deadline is **January 21, 2020!** The course fills up quickly so register soon!

ACE Clinical Exchange

The Clinical Exchange is a clinically-focused journal club that addresses topics of interest to a variety of health care disciplines. Our last exchange was held November 28th and led by Domenica Knezy, OT and addressed an article by Patterson SL et al. on the relationship between obesity and patient reported outcomes (depression, pain, fatigue) in women with systemic lupus erythematosus (SLE). (Arthritis Care Res. 2019;71(9):126-33.)

Adipose tissue and obesity and their roles in inflammatory arthritis have been hot topics lately. Melissa Wong, RN, suggests this as a good resource to support your patients

<https://www.arthritis.org/living-with-arthritis/comorbidities/obesity-arthritis/fat-and-ra.php>

And if you are interested in learning more about obesity in autoimmune diseases, here is a great review article: <https://www.ncbi.nlm.nih.gov/pubmed/25092612> PMID: 25092612 (Note: If you are not able to access through your hospital or professional association library services, let me know!)

To participate in future Exchanges, call in to the session a few minutes before the scheduled start time. The presenter will provide a short 5 – 10 summary of the article and then lead the group in a discussion that focuses on the clinical relevance of the study findings. There is no need to pre-register.

Other Upcoming Educational Activities and Events

2020 Vision: A New Decade in Rheumatology

We welcome the **Canadian Rheumatology Association and Arthritis Health Professions Association Annual Meeting** back to BC! It will be held at the Victoria Conference Centre **February 26-29, 2020.**

<https://asm.rheum.ca/>

Early bird registration closes **January 17th**. Discounted registration fee for AHPA members.



Check out the AHPA website for more information:

<http://www.ahpa.ca/home/>

What's New in the Mary Pack Arthritis Program

- **All MPAP sites are using** a new referral form that reflects some changes to our inclusion criteria or who we see. For more information, select the clinic or location and scroll down to find link to referral form <http://mpap.vch.ca/services>
- Changing who we see and aligning many of our programs offered at each site *“have allowed us to focus our resources on those clients with inflammatory arthritis, systemic autoimmune rheumatic disease (SARD) and complex osteoarthritis who cannot access services or care elsewhere in their communities”* says Brenda McKnight, Patient Services Manager, Mary Pack Arthritis Program.
- New name for the 25+ year old Outpatient Day Program (OPDP) – the **Intensive Collaborative Arthritis Program (ICAP)** is an intensive program provided by an interdisciplinary team that includes medication management, counselling, education and referral to community services for adults with complex forms of inflammatory arthritis. For more info: http://mpap.vch.ca/wp-content/uploads/sites/16/2019/12/ICAP_brochure_12Dec2019.pdf
- Some new specialty medical clinics are now available at the Vancouver Clinic with GP or specialist referral - vasculitis, lupus, scleroderma, myositis and pregnancy clinics. Clinics are open to patients throughout BC and telehealth services are available for some. For more info: <http://mpap.vch.ca/services/lower-mainland>

New Resources for Your Patients

A new patient handout and brochure are available from the Arthritis Alliance of Canada in partnership with arthritis patient-led and patient-focused organizations. The [Talk to Your Doctor About Joint Pain Handout](#) has been designed to:

- Assist those with or at risk of OA, in having better conversations with their doctors or other health care professionals, by informing them about the care they can expect to receive.
- Help patients identify the causes of their joint pain and loss of mobility

<http://www.arthritisalliance.ca/en/talk-to-your-doctor-about-joint-pain-handout>



ARTHRITIS LIFESTYLE MANAGEMENT GUIDE

Over 150 useful tips. Because life doesn't end when arthritis begins.



The Arthritis Lifestyle Management Guide is a compilation of many techniques used by members of the Arthritis Patient Advisory Board (APAB) of Arthritis Research Canada to cope with the everyday challenges faced by people living with arthritis. Download a free copy here:

www.arthritisresearch.ca/lifestyle-management-guide/



Merry Christmas & Happy Holidays to our ACE colleagues!