

FALL 2020

ACE Clinical Link Newsletter

December 10, 2020



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

Wow, where to start about 2020... this year has been chaotic, stressful and punctuated with constant change and new ways of delivery care and meeting the needs of clients with arthritis. Virtual health and Zoom meetings have suddenly become part of all of our lives and presented some technical challenges and learning 'opportunities' for us and our clients. COVID-19 has also required most of us to step out of our routines and comfort levels and learn new policies and procedures around PPE, physical distancing and cleaning to maintain our and our clients' health and safety.

There have also been some good things arising from all of this – we now have experience and confidence in providing virtual 1:1 and group education and treatment to clients who previously struggled to attend in-person appointments due to travel, parking, time, work and childcare issues. See page 2 for a summary of findings and client feedback from our Telerehab Patient Experience survey. Several organizations from around the world have developed or made educational resources and online courses available free of charge to clinicians and some of these are highlighted on page 2. Many providers and groups have created virtual education, exercise and self-management programs appropriate for individuals with arthritis and I've noted some of these on page 3.

My apologies for the long break between issues. I too have taken on some new challenges and served as the Interim PT Practice Coordinator/Clinical Resource Therapist for the Program April-October. We have had additional comings and goings on the team and I'll highlight a few of these on page 4.

Marie Westby, PT, PhD
PT Clinical Resource Therapist

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

Telerehab Patient Experience Survey



We started telerehab services for our clients in early May using Zoom, FaceTime or telephone platforms. Wanting to hear what our patients thought of these services and whether there was anything we could improve on, we conducted an online survey over 7 weeks for all patients receiving PT and OT care at each of our 4 sites: Vancouver, Victoria, Penticton and Cranbrook. Here is a snapshot of the findings and feedback:

- Of the 120 respondents, 95% were female, majority aged 55-74 years, with diagnoses of OA (48%), RA (39%) and spondylitis (9%)
- Patient experience with telerehab was rated high with more than 90% agreeing/strongly agreeing that they felt physically safe, had their needs met and felt their privacy was maintained
- Patient satisfaction was also excellent with similar proportions of patients saying it improved access to care and that they'd use telerehab again and recommend it to others

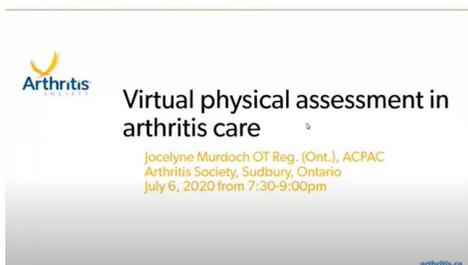
We continue to provide blended or “hybrid” care with a mix of virtual and in-person appointments for clients and will continue to offer this service going forward!

Health Professional Online Educational Opportunities and Upcoming Events

This repository of online, evidence based, international OA management programmes (OAMPs), was developed as a response to the Covid-19 situation. “The repository provides solutions for healthcare professionals seeking to access and signpost patients with OA to remote, high-quality programmes that do not require face to face contact. It also provides healthcare practitioner resources for online training in delivering OA management programmes.”

<https://www.keele.ac.uk/pcsc/research/impactacceleratorunit/oamps/>

**OSTEOARTHRITIS
MANAGEMENT
PROGRAMMES
(OAMPS)**



Virtual MSK assessment

Need some guidance on what physical assessments you can do virtually for your clients with arthritis? Check out this webinar:

<https://www.youtube.com/watch?v=FYUs4IVPm4A&feature=youtu.be>

Do you need a refresher on physical examination of the hip or knee?
RheumInfo has some comprehensive videos and information:



Knee examination: <https://rheuminfo.com/physician-tools/knee-examination/>

Hip examination: <https://rheuminfo.com/physician-tools/hip-examination/>



A great resource for health professionals on how to support patients to be more physically active through short conversations

<https://movingmedicine.ac.uk/consultation-guides/condition/adult/inflammatory-rheumatic-disease/>

And a helpful resource for your patients:

<https://movingmedicine.ac.uk/wp-content/uploads/sites/5/2020/04/Patient-workbook.pdf>

New Resources for Your Patients

Arthritis Consumer Expert's Arthritis at Home Series:
 Follow @ACEJointHealth on Twitter or
 facebook.com/ACEJointHealth and check out their
 recorded talks at:

<http://arthritisathome.joinhealth.org/>



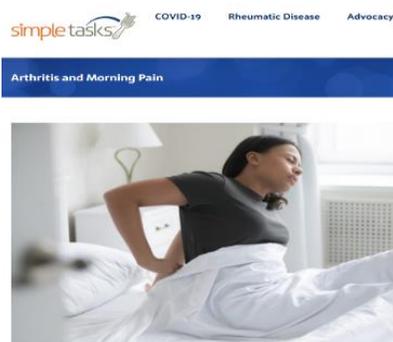
Check out their newest education program specifically designed for people recently diagnosed with arthritis or living with it for a while. This new education program is based on the latest research and will help people go from being “student” of arthritis to full-fledged “graduate”, and help them understand their role as leader of their healthcare team.

<http://info.joinhealth.org/jhed-landing-page>



The American College of Rheumatology's Simple Tasks Website includes information for patients from arthritis experts and the latest in rheumatic disease and rheumatoid arthritis news.

<http://simpletasks.org/category/living-with-ra/>



Patient Education Sessions WE Offer!

MPAP and OASIS patient education programs have gone virtual and are open to **ALL patients and families throughout BC**. No referral is needed so encourage your patients to participate!

Check out upcoming classes [here](#)

Comings and goings in the Mary Pack Arthritis Program

- We welcomed **Morag Crocker**, MOT, (new OT Practice Coordinator), Jeremy Yen Chiu (PT staff), recently **Kei Nishikawa** (Interim PT Practice Coordinator) and **Shara Austin** (Clinical Purchasing Clerk/ACE course contact).
- Sadly, after decades with the Program, we said good bye to clinicians and leaders in PT, OT and nursing
 - **Jane Prince**, nursing
 - **Susan Carr**, PT
 - **Barbara Porter**, OT
 - **Lori Cyr**, OT
 - **Sara Falkner**, PT
 - **Leila Scharnberg** (Clinical Purchasing Clerk/ACE Course Contact)
- **Brenda McKnight**, Patient Services Manager, has also just departed after 2 years in the role and is now the Professional Practice Director of Allied Health, VCH

Work in
progress!!

check back soon...

2021 ACE Course for PTs, OTs, and nurses – TBD

Unfortunately we had to cancel our annual 4-day workshop scheduled for April 27-30th this year. We are now planning for an 'ACE Lite' course later in the spring 2021. This virtual education will focus on core rheumatology topics of interest to all disciplines with some breakout sessions and case studies specific to PTs, OTs and nurses. We hope to follow this with in-person skill building and practical sessions later in the year. Stay tuned for updates on this and check back on our website later this fall

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

Finally, we'll leave you with this great advice for self-care during COVID and the holiday season. The author calls it [Psychological PPE](#).

