

SUMMER 2022

ACE Clinical Link Newsletter

July 20, 2022



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

It's been 18 months since our last newsletter so we wanted to share some updates, resources and clinical pearls! While COVID-19 is still present and significantly impacting our healthcare services, the Mary Pack Arthritis Program continues to adapt and offer services and education in different ways. To see our current services at each clinic including educational offerings and traveling rheumatology and occupational therapy services, see our <http://mpap.vch.ca> website under 'Services'.

We were able to offer our popular ACE course in a hybrid format this spring (see page 2). Online and virtual professional education is becoming increasingly more popular and we've highlighted a few of these for you.

There are also some new online resources and ongoing education available to people living with arthritis (page 3) and we encourage you to share these with your patients.

There have been a couple of articles published recently questioning the safety of corticosteroid injections and the risk of subsequent surgical infections after hip and knee replacement (<https://pubmed.ncbi.nlm.nih.gov/34919065/>) and cartilage health (page 3).

And finally, we share some clinical pearls from our MPAP clinicians – we always welcome your treatment gems too!

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>

ACE Intro Course - May 2nd – 10th



Cheryl Koehn, President, Arthritis Consumer Experts presenting virtually on the patient journey.

A total of 66 clinicians from across Canada (and even Ireland) joined us for the two virtual afternoons and 36 clinicians participated the following week for 2 in-person days. Core interdisciplinary content in the virtual sessions focused on an overview of rheumatic diseases and medical management, patient education/self-management, physical activity guidance and nutrition. Click [here](#) for more information about core competences for health professionals in rheumatology. In-person sessions took place at our Vancouver Centre and provided opportunities for nurses, occupational therapists and physical therapists to practice hands-on skills and interact with patient partners. Feedback from this year's course included:

- *“Definitely helped increase my self-efficacy in knowing how to help manage inflammatory arthritis.”*
- *“The chance to interact with patients was very informative.”*
- *“Thank you for the excellent, comprehensive course.”*

Planning is now underway for ACE 2023 – check out our website later this fall for updates.

Health Professional Online Educational Opportunities and Upcoming Events

American College of Rheumatology podcasts on topics such as physical activity, cannabis for pain management and juvenile inflammatory arthritis guidelines. (free access) [Podcast \(rheumatology.org\)](https://www.rheumatology.org/podcast)

Interested in learning more about evidence-based practice in arthritis care? The European Alliance of Associations for Rheumatology (EULAR) is offering their **1st Evidence Based Practice Online Course for Health Professionals** starting in October 2022. Fee for this 7-module course is 150 EUR. Deadline for registration is November 30th. More information here: <https://esor.eular.org/enrol/index.php?id=346>

Whether you're new to rheumatology nursing or looking for a review, the Rheumatology Nurses Society is holding their annual “Rheum for All” conference from Aug 3-6, with virtual options available. More information here <https://rnsevents.org/conference/>



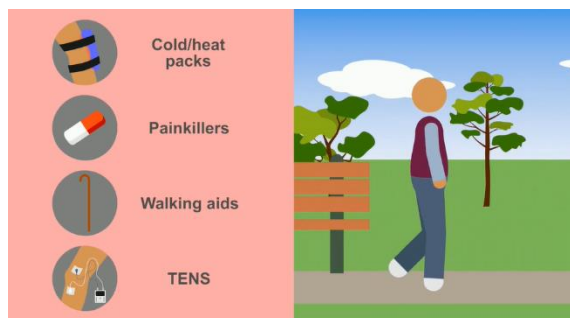
Writing Plain Language... Do you create patient education materials? Newer research shows that adult learners can only retain 4±1 items in their working memory. Applying plain language principles can decrease cognitive load of our learners and help them learn and retain the information. Link to a recent webinar by Dr. Iva Cheung: <https://vimeo.com/vchrieducation/review/718462922/3aca62650f>

New Resources for Your Patients

Check out Arthritis Consumer Expert's latest Arthritis at Home Series:

<https://arthritishome.jointhehealth.org/>

Follow @ACEJointHealth on Twitter or [facebook.com/ACEJointHealth](https://www.facebook.com/ACEJointHealth)



Did you know that providing knee OA information that deliberately focusses on participation and promoting positive expectations can actually help to reduce the fear of movement and belief in need for surgery? Great 12-minute patient education video from the University of Melbourne here: <https://vimeo.com/573794719>

Patient Education Sessions WE Offer!

MPAP and OASIS continue to offer virtual patient education classes which are open to **ALL patients and families throughout BC**. No referral is needed so encourage your patients to participate!

Check out upcoming classes [here](#)

From the Literature

Are intra-articular cortisone injections safe? In a recently published article in *Knee Surgery, Sports Traumatology, Arthroscopy*, Dr. Burnett and colleagues followed 49,443 patients with knee pain without concomitant osteoarthritis who received at least one corticosteroid injection (CSI). After 5 years, there was double the incidence of total knee arthroplasty in the group who received CSI injections compared to a non-injection matched cohort. In fact, having one injection increased patients' risks by 23% and 3 or more injections by more than 300%. The authors concluded that intra-articular steroid injections in patients without knee OA may not be as benign as previously thought! Abstract [here](#) Send me an email if you would like a copy of the paper.





Cigarette smoking is bad if one is otherwise genetically predisposed to the development of RA. This warning is in addition, of course, to the other reasons that cigarette smoking is bad. Several studies show a significant and independent association between cigarette smoking and increased susceptibility to RA. Smoking is also associated with the presence of extra-articular manifestations and serum rheumatoid factor. (Adapted from J. H. Stone (ed.), A Clinician's Pearls and Myths in Rheumatology. 2009)

Regardless of the type of arthritis, consider peripheral and central drivers of pain (more details in this article)

[New Concepts of Pain](#)

MIND YOUR LANGUAGE!

The language we use with our patients regarding their pain can have a big impact on their own perception of their pain and their ability to influence their pain. Terms like “bone-on-bone joint damage”, “end-stage OA”, “degenerative disc disease” can evoke scary images of pain-inducing structures. Try to focus on the functional problem, like decreased ROM or mobility, not on the anatomy or amount of joint change.

Do you have a clinical question? Challenging case?

Our clinical educators are here to help.

Nursing

Brandi Bagnell

Brandi.bagnell@vch.ca

604-875-4111 Ext. 69218

Occupational Therapy

Nadine Soukoreff

nadine.soukoreff@vch.ca

604-875-4111 Ext. 68819

Physical Therapy

Heather Walker

Heather.walker@vch.ca

604-875-4111 Ext. 68830

Marie Westby

marie.westby@vch.ca

604-875-4111 Ext. 68834