

# Key Elements Inflammatory Arthritis Model of Care

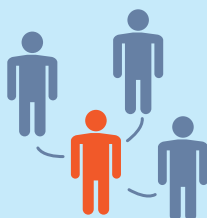
## Recognizing Symptoms and Seeking Care



Patients should understand that inflammatory arthritis is not “just arthritis” – joint inflammation, pain and fatigue are hallmark symptoms

*“My joints started to feel stiff and painful so I made an appointment with my doctor”*  
– Claire

## Access to Specialist Care



Early identification, assessment and referral to appropriate specialists are essential steps in proper disease management

*“I have the help I need, when I need it”*  
– Liu

## Medical Management



The management of inflammatory arthritis is complex and requires consistent and frequent monitoring with an arthritis specialist to ensure effectiveness of treatment and care

*“When I notice significant changes in my disease I contact my specialist before things get worse”* – Arjun

## Shared Care



Treatment decisions should be made through agreement between the patient and the healthcare team  
  
There must be adherence to the treatment plan including appropriate lifestyle changes

*“Everyone on my healthcare team is on the same page- including me. I understand and agree with my treatment plan”* – Sarah

## Patient Self Care



The patient should be fully knowledgeable about their disease and the importance of closely following the treatment plan

*“I have the knowledge, skills and resources to practice self-care”*  
– Geeta

# Patient Resources

## Inflammatory Arthritis Model of Care

### ACE -JointHealth

Jointhealth.org



#### ArthritisID app

- Available in the App Store
- Featuring evidence based information to help detect, treat and manage arthritis

#### Disease Spotlights:

- Click on “about arthritis” at [Jointhealth.org](http://Jointhealth.org)
- Easy to read factsheets about different types of arthritis

#### Medications Report Card & Guide

- Visit “programs” at [Jointhealth.org](http://Jointhealth.org)
- Information on available therapy options, side effects, route of administration and coverage of medication from province to province

#### Biosim-Exchange

- Click on “Biosim exchange” tab at [Jointhealth.org](http://Jointhealth.org)
- Information hub with latest biosimilars news and background analysis

#### JointHealth™ Education

- Visit “programs” at [Jointhealth.org](http://Jointhealth.org)
- Online education program to help patients succeed as leader of their healthcare team

#### JointHealth™ express

- Visit “programs” at [Jointhealth.org](http://Jointhealth.org)
- Breaking news on arthritis, presented in both French and English.

### Arthritis Society

arthritis.ca



#### Symptom Checker

- Click on “about arthritis” at [arthritis.ca](http://arthritis.ca)
- Simple tool to help patients communicate more effectively with healthcare providers about symptoms their experiencing

#### Medications Reference Guide

- Visit “treatment”, “medication” at [arthritis.ca](http://arthritis.ca)
- Helps patients make informed decisions about treatment plans
- Includes medication dosages, effectiveness, side-effects & warnings

#### You and Your Healthcare Provider

- Visit “support and education”, “online learning” at [arthritis.ca](http://arthritis.ca)
- A guide for effective conversations with various members of ones’ healthcare team

#### Mental Health & Well-being

- Visit “support and education”, “online learning” at [arthritis.ca](http://arthritis.ca)
- Provides guidance for managing emotions related to living with a chronic disease.

### Canadian Arthritis Patient Alliance

arthritispatient.ca



#### Arthritis Patient Charter

- Visit “projects” at [arthritispatient.ca](http://arthritispatient.ca)
- States the rights and responsibilities of arthritis patients

#### Pregnancy and Parenting with Arthritis

- Visit “information and resources” at [arthritispatient.ca](http://arthritispatient.ca)
- Research discussing pregnancy and parenting with arthritis

#### General Resources

- Visit “information and resources” at [arthritispatient.ca](http://arthritispatient.ca)
- List of additional trustworthy resources for patients

### Arthritis Research Canada

arthritisresearch.ca



#### ANSWER

- Visit “tools” at [arthritisresearch.ca](http://arthritisresearch.ca)
- Tool to help patients with RA decide if Methotrexate is the right treatment option

#### Lifestyle Management Guide

- Visit “tools” at [arthritisresearch.ca](http://arthritisresearch.ca)
- Over 150 techniques for everyday living; created by patients, for patients

#### Current Research

- Visit “research” at [arthritisresearch.ca](http://arthritisresearch.ca)
- Current and completed arthritis research happening in Canada
- Opportunities for patient participation

#### Arthritis Patient Advisory Board

- Visit “Arthritis Patient Advisory Board” tab at [arthritisresearch.ca](http://arthritisresearch.ca)
- Patient advocates bring personal knowledge and experience to arthritis research

### Canadian Spondylitis Association

spondylitis.ca



#### Facebook support group:

- Visit “social networks” at [spondylitis.ca](http://spondylitis.ca)
- Online support for those living with spondyloarthritis

#### Community support group

- Visit “support and community” at [spondylitis.ca](http://spondylitis.ca)
- In person support for those living with spondyloarthritis

#### AS Health Storylines app

- Available in the App Store
- Allows patients to record symptoms, fatigue levels, mood and more.

#### Spondyloarthritis Facts & Figures

- “Spondyloarthritis” at [spondylitis.ca](http://spondylitis.ca)
- Easy to understand information about spondyloarthritis for patients and their families

*Member organizations and groups of the Arthritis Alliance of Canada*

*Serving Canadians with all forms of arthritis*