

FALL 2022

ACE Clinical Link Newsletter

December 5, 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

Fall (actually winter) is upon us and our program is already making plans for our popular ACE course in spring 2023. Mark your calendars for April 17-25th for 4 days of virtual and in-person education. Check [HERE](#) for more information.

With our diverse patient population, it is more important than ever to provide translated patient education materials and resources to improve health literacy and patient outcomes (see page 2). Do you like podcasts? We recommend some arthritis-related ones on page 3 along with some upcoming and online professional education offerings. Finally, see page 4 for some recent research and clinical pearls from MPAP clinicians – we always welcome your treatment gems too!

Marie Westby, PT, PhD
PT Clinical Resource Therapist

Follow us on Twitter - <https://twitter.com/VCHArthritis>

Have a clinical question? Our educators are here to help.

Nursing
Brandi Bagnell
Brandi.bagnell@vch.ca
604-875-4111 Ext. 69218

Physical Therapy
Heather Walker
Heather.walker@vch.ca
604-875-4111 Ext. 68830

Occupational Therapy
Nadine Soukoreff
nadine.soukoreff@vch.ca
604-875-4111 Ext. 68819

Marie Westby
marie.westby@vch.ca
604-875-4111 Ext. 68834



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



LOOKING for translated arthritis patient education materials?

Here are some local and international resources

Osteoarthritis and Total Joint Replacement

OASIS (click on preferred language at top of screen; resources in Punjabi, Farsi, Simplified and Traditional Chinese) <http://oasis.vch.ca/>

RA and Joint Protection (from Fraser Health Authority)

RA <https://patienteduc.fraserhealth.ca/permalink/258661>

Joint protection (hand) <https://patienteduc.fraserhealth.ca/permalink/258867>

Joint protection (LE) <https://patienteduc.fraserhealth.ca/permalink/258868>

Different types of arthritis

The Arthritis Society (resources on OA and RA in French, Simplified and Traditional Chinese)

<https://arthritis.ca/support-education/support-resources/resources/resources-in-additional-languages>

Arthritis Australia (resources in 15 languages)

<https://arthritisaustralia.com.au/get-support/resources/information-sheets/?language=English>

Arthritis Foundation (scroll to bottom of screen and select Espanol under 'About')

<https://www.arthritis.org/>

Self-management and chronic disease

Self Management BC (Indigenous, Chinese and Punjabi programs)

[BCSM - - Chinese, Indigenous and Punjabi Programs \(selfmanagementbc.ca\)](https://selfmanagementbc.ca/)

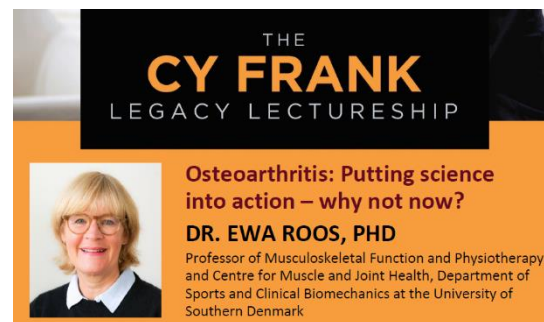
interCultural Online Health Network (resources on chronic diseases for South Asian, Indigenous and Chinese communities) [English iCON \(iconproject.org\)](https://iconproject.org/)

Has your health authority developed translated arthritis materials? Please share!

MARK YOUR
CALENDAR

Our ACE CLINICAL EXCHANGE is coming back! Join us
Wednesday, Jan. 11th at 12:15 pm to talk all things thumb OA!
Article for discussion [HERE](#) and Zoom link to follow!

Many of us had the privilege of hearing Dr. Ewa Roos present the Cy Frank Legacy Lectureship in Vancouver on September 22nd. Her talk “Osteoarthritis. Putting science into action - why not now?” was inspiring. Did you know that for the cost of 1 total knee replacement in Ontario (including the 90 day period following), 18 patients could have taken the GLA:D program? I HIGHLY recommend watching the recorded webinar available [HERE](#)



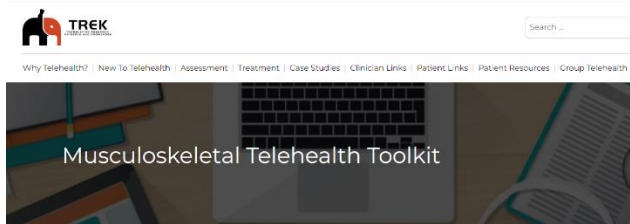
Health Professional Online Educational Opportunities and Upcoming Events



Towards Equity: Rheum for Everyone

Arthritis Health Professionals Association & Canadian Rheumatology Association Annual Meeting, Quebec City, February 8-11, 2023

Looking for more updates, the latest research and clinical resources in arthritis? Join the AHPA for only \$125/year. Membership benefits include: free webinars, monthly newsletter, access to grants and markedly discounted conference/course fees. More information [HERE](#)



Welcome!

This toolkit has been developed by physiotherapist researchers, clinicians, and patients to guide the implementation of telehealth in the management of musculoskeletal pain conditions. Watch the short video below to learn more about this toolkit.

The TREK education team under the leadership of Dr. Allison Ezzat (Vancouver-based PT!) and Dr. Christian Barton at La Trobe University in Melbourne, Australia has developed this fantastic online toolkit on telehealth for physiotherapists and patients. “The resources in this toolkit are designed to increase knowledge, confidence, and skills in the use of telehealth with musculoskeletal patients.

Clinician link [HERE](#)

Patient link [HERE](#)

Do you like listening to podcasts on your commute to work? Here are some good sources for arthritis-related content!

<https://dralisongrimaldi.com/free-resources/>

<https://shows.acast.com/joint-action>

<https://www.rheumatology.org/Learning-Center/Publications-Communications/Podcast>

<https://rheum.ca/resources/aroundtherheum/>

<https://oarsi.org/education/hey-aa-podcast>

Patient Education Sessions WE Offer!

MPAP and OASIS offer in-person and 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

There have been a few articles published recently questioning the safety of corticosteroid injections on cartilage health and the risk of subsequent surgical infections after hip and knee replacement. Surgical infections abstract [HERE](#) For full length article, contact your hospital or PABC librarian OR marie.westby@vch.ca

In a 2017 RCT published in JAMA, the authors found among patients with symptomatic knee OA, 2 years of intra-articular triamcinolone, compared with intra-articular saline, resulted in significantly greater cartilage volume loss and no significant difference in knee pain. Read more [HERE](#)



Do you have a client who is concerned about injuring their hands while doing tasks such as chopping/grating/cutting/wood craft, etc.?

Consider these cut resistant polyethylene and fiberglass “No cry gloves” that provide protection for these and other tasks. Dishwasher safe!

<https://nocry.com/product/cut-resistant-gloves/>

