

SUMMER 2023

ACE Clinical Link Newsletter

July 13, 2023

Vancouver
CoastalHealth

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

Welcome to our newest ACE members who participated in the virtual and hybrid ACE course in April. More than 70 PTs, OTs, and nurses from across Canada learned from our experienced clinician instructors and patient partners. We thank all of our presenters and patient volunteers for their valuable contributions! To learn more about the ACE course and when it will be offered next, click [HERE](#).

We highlight new guidelines on integrative interventions for rheumatoid arthritis on page 3 along with upcoming rheumatology meetings. See page 4 for some of the latest research and clinical pearls from MPAP clinicians – we always welcome your questions and 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.

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Resources for Your Patients

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

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

Follow @ACEJointHealth on Twitter or facebook.com/ACEJointHealth



REMEMBER!! 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 fall 2023 classes [HERE](#)



DO YOU TREAT clients with excessively flexible joints? Do you suspect hypermobility or Ehlers Danlos Syndrome?

Hypermobile Ehlers Danlos Syndrome (EDS) affects ~1 in 5,000 people and can lead to joint damage and osteoarthritis due to recurrent micro-trauma and subluxation/dislocation of affected joints. Dr. Heather Underwood presented on hypermobility at recent Physical Medicine & Rehabilitation rounds. She reviewed how much EDS-related POTS, migraines, pain, fatigue and dislocations could impact individuals' quality of life. Some resources shared during the webinar include:

Beighton Score <https://www.ehlers-danlos.com/assessing-joint-hypermobility/> (includes a 3-min YouTube video)

GoodHope Ehlers Danlos Syndrome Clinic in Toronto

[Information on Goodhope EDS exercise and rehabilitation \(GEAR\) program](#)

Systematic review on exercise and rehab for EDS <https://pubmed.ncbi.nlm.nih.gov/35756986/>

WE WISH HEATHER WALKER A HAPPY RETIREMENT!

After 15 years with the Mary Pack Arthritis Program, most recently in the shared position of Clinical Resource Therapist, Heather will be pursuing her passions of gardening & traveling! Her last day was July 7th. We wish her a very happy, healthy and fulfilling retirement!



Integrative Rheumatoid Arthritis Treatment Guideline

New

The new ACR Clinical Practice Guideline provides recommendations on the use of exercise, rehabilitation, diet, and additional integrative interventions as part of an integrative management approach for people with rheumatoid arthritis.

More info [HERE](#)

NEW!
ACR Clinical Practice Guideline
INTEGRATIVE
INTERVENTIONS
FOR RA

Health Professional Educational Opportunities and Upcoming Events



Association of Rheumatology Professionals/American College of Rheumatology Annual Meeting, San Diego, CA, November 11-15, 2023

Need an escape to blue skies, sunshine and the ocean in November? The ARP annual meeting is now open for [registration](#).



Prefer something closer to home (and slightly colder?) Our Canadian Arthritis Health Professions Association together with the Canadian Rheumatology Association will hold their annual meeting in Winnipeg Feb. 28-Mar. 2, 2024. Stay up-to-date with the latest research and clinical resources in arthritis. Connect with arthritis colleagues from across Canada by joining 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](#)

From the Literature

Do you treat patients with shoulder osteoarthritis? Here are some new 2023 PT management [guidelines](#) from the American Physical Therapy Association.



An e-pub (not yet printed) systematic review in *Arthritis Care and Research* 2023 looked at strategies to improve equitable access to early osteoarthritis (OA) diagnosis and management. This is a big issue here in BC where public health authorities provide inconsistent and often limited services to people with recently diagnosed OA. Abenoja and colleagues describe guideline-recommended first-line therapy for OA as “education, self-management (e.g. physical activity, weight loss), pain management, and physiotherapy; and after trial of first-line therapies, second-line therapy may include injections and joint replacement.” As few as 1 in 3 patients waiting for a joint replacement were prescribed such first-line or ‘Step 1’ interventions in one of the cited studies. Care disparities were highest among older, racialized women, with less education or income. While their review didn’t find any new papers addressing clinician- or system-level barriers to care, previous research has shown lack of knowledge about OA management, OA not being considered serious, limited time to fully assess patients, and limited service availability and costs should also be targeted in efforts to improve access to care. Read more about this research [HERE](#). To highlight and encourage primary care providers to prescribe and support patients living with hip or knee OA in accessing first-line care, an interdisciplinary Vancouver Coastal Health and Providence Health Care working group created a new [patient education brochure](#). This resource is also available to physicians through the BC Pathways physician portal.



Many people wonder if they should have foot orthoses. Foot orthoses can be expensive. When access to a Podiatrists or Pedorthist is an issue, consider a trial of a commercial foot orthoses. At a fraction of the cost, there are several supportive options (priced at around \$60 per pair) such as Kneed, Superfeet, Easyfeet, Sole orthotics, etc. The client should only use these devices in a supportive shoe with torsional stability (should not be able to wring out the shoe like a washcloth), a firm heel counter and adequate shoe depth.

