

SPRING 2024

ACE Clinical Link Newsletter

April 2024

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 spring... when you eventually arrive! We are taking a break from running our annual 4-day ACE course to give our educators the opportunity to re-imagine the course and work with VCH Learning Technologies to create online modules. We hope that these modules will permit free, more timely access to core arthritis content and replace some of the pre-recorded and Zoom-based content of our course – stay tuned! See page 2 for other arthritis continuing education opportunities and page 3 for info about the **May 2nd** ACE Clinical Exchange.

We have a new website and would love your feedback! The professional resources pages are under development so this is a great opportunity for you to tell us what you want and how best to organize the pages – by discipline? by arthritis condition? by body part? by treatment approach?

Some new podcasts and blog posts are listed on page 2. Looking for an outcome measure to use with your clients with hip/knee OA or joint replacement? We're excited to share the revised TJAOM Toolkit is now available on the UBC Knowledge Broker site. Finally, see page 4 for some recent research and clinical pearls from MPAP clinicians – we always welcome your treatment gems too!

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

Nursing

Melissa Wong

melissa.wong@vch.ca

604-875-4111 Ext. 69218

Physical Therapy

Shirin von Mende

shirin.vonmende@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://arthritisathome.jointhehealth.org/>

Stay tuned for a new resource on Exercise and Arthritis!

Follow @ACEJointHealth on X or facebook.com/ACEJointHealth



Health Professional Educational Opportunities and Upcoming Events



While we are not offering the ACE course this spring, there are many other online educational offerings to support your arthritis learning needs. Check them out [here](#) on our new website.

BLOG POSTS & PODCASTS

Do you work with clients who have had a hip replacement? New blog post from hip expert Alison Grimaldi.

[What happens to the deep external rotators after hip replacement | Find out more \(dralisongrimaldi.com\)](#)

And join the very entertaining Jack Chew, rheumatology PT, for his regular Rheumatology.Physio Podcasts available on Spotify and X [@physiojack](#)

MPAP COMINGS & GOINGS & BABIES!

Two long time program clinicians Greg Taylor, SW (34 years) and Jacklin Hoole, OT (29 years) are retiring – *we'll miss you both and wish you well in your upcoming adventures!* Welcome Jack Wong as a new social worker in Vancouver. We also said goodbye to Kamaljeet Guram who was our patient services manager for 3 years & welcome Karen Lucas-Dacpano in this role. Brandi Bagnell, nurse educator, welcomed her baby boy in January – Melissa Wong is covering her maternity leave for 2024. Ashley McNeil, PT, has moved to the Penticton Arthritis Program-we'll miss her in Vancouver but welcomed a new Vancouver team member – Clive Huang. And new to our Cranbrook clinic is Gillian Horton, PT.



MARK YOUR
CALENDAR

Our next ACE CLINICAL EXCHANGE will be May 2nd at 12:10 pm to hear about the Arthritis Wellness Program in Victoria – a collaboration with the Victoria Native Friendship Centre.
Join Zoom meeting [HERE](#)

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](#)



New

Mary Pack Arthritis Program has a new website. Check it out here:

<https://www.vch.ca/en/mary-pack-arthritis-program-mpap> or short cut www.vch.ca/mpap

Scroll to bottom of home page to access the Arthritis Resources for Health Professionals.

New

TJAOM Toolkit 2.0

A dedicated team of clinicians, led by PT Knowledge Brokers Alison Hoens and Jason Craig, launched the updated version of the TJAOM Toolkit. Looking for a patient reported or performance-based outcome measure for clients with hip or knee osteoarthritis or joint arthroplasty, check out the interactive site and list of vetted outcome measures [HERE](#)



Attending CPA Congress in Vancouver? Learn more about the Toolkit at our workshop, **Sat. April 27th at 9am!**

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:

Mary Pack <https://www.vch.ca/en/service/mary-pack-arthritis-program-arthritis-classes>

OASIS <https://www.vch.ca/en/oasis-class-descriptions>

From the Literature

Gardening/yardwork in people with knee osteoarthritis is not associated with symptom or structural progression over 48 months: data from the Osteoarthritis Initiative.

In an article published this month in [Clinical Rheumatology](#), authors Grace Lo and colleagues shared findings of a 4-year cohort study that followed 1,203 US older adults with radiographic knee OA. There was no difference in progression of knee pain, joint space narrowing and need for knee replacements among those who gardened or did yardwork for at least 20 minutes on a given day and at least 10 times since turning 50 years old, compared to those who didn't. **Take home message:** Gardening and yardwork should NOT be discouraged in people with knee OA!



For tips on gardening with arthritis, patients can sign up for next OASIS session **Gardening & Arthritis, May 23 10:00 –11:00 AM**

More resources for clients at <https://arthritis.ca/living-well/2022/5-tips-for-gardening-with-arthritis>



This issue's clinical pearls come from a website dedicated to this topic – <https://www.rheumpearls.com/>

- One of the most common sites for erosions in patients with rheumatoid arthritis is the lateral aspect of the head of the 5th MTP.
 - There are currently 171 known types of arthritis, from acromegalic arthropathy to yersinia arthritis.
 - New unexplained pain located above the neck in a patient over 60 years old should suggest the possibility of giant cell arteritis.
 - Most polymyalgia rheumatica (PMR) patients demonstrate striking improvement in their symptoms with 24 to 48 hours of beginning steroids.
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