

FALL 2024

ACE Clinical Link Newsletter

November 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

Fall weather brings added fall risks for our clients with arthritis. Check out some fall prevention and balance training resources on page 2. We are once again offering our annual 4-day hybrid ACE course this spring. More details and how to register on page 2. We had 45 clinicians participate in our September ACE Clinical Exchange on myositis – stay tuned for new myositis resources coming in the new year!

We've been busy creating new patient resources which we share on page 2.

And see our regular offerings on patient education & recent research on page 3. We always welcome your treatment gems or clinical questions!

Marie Westby, PT, PhD
PT Clinical Resource Educator

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

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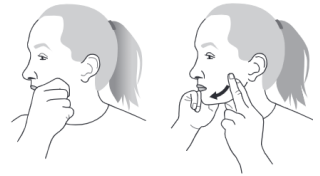


New resources for Your Patients

TMJ disorders – information on joint protection, pain management and TMJ specific exercises. Available [HERE](#)

Scleroderma – 9 new patient handouts including hand exercises, facial ROM exercises and skin care. Available [HERE](#)

Arthritis and Your Thumbs – learn joint protection strategies, pain management and thumb stability exercises. Available [HERE](#)



Health Professional Educational Opportunities and Upcoming Events



New to arthritis care? Need a refresher on the latest evidence and clinical approaches to managing more common forms of arthritis? Join us for our 2025 4-day **ACE course** for PTs, OTs, and nurses. This hybrid course will run March 31st/April 2nd (hybrid) and April 7/8th (in-person). Discipline specific brochures and registration information [HERE](#)

Can't attend our ACE course this spring? Arthritis Society Canada's hybrid CPSIA program is also available in June 2025. Learn more about their course [HERE](#)

For more advanced arthritis training, check out the Advanced Clinician Practitioner in Arthritis Care program offered through the University of Toronto [HERE](#)



In our September ACE CLINICAL EXCHANGE, Shirin von Mende led a discussion on the assessment & management of myositis. We've since been updating our myositis assessment form & reaching out to national & international colleagues to learn what they are offering for this rare group of conditions that affect >50K Canadians. Stay tuned for updated professional & patient resources!

Fall prevention & balance resources

Good video on teaching patients cross stepping movement

<https://twitter.com/i/status/1689422830105214976>

Preventing the long lie – guidance on how to get up after a fall

<https://www.healthlinkbc.ca/more/healthy-aging/seniors-health/how-get-safely-after-fall>

Variety of resources - Finding Balance BC
<https://findingbalancebc.ca/exercise>



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. Annual meeting is in Calgary Feb. 26-Mar. 1, 2025. Early bird registration closes Dec. 13, 2024. More information [HERE](#)

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 [OASIS class descriptions | Vancouver Coastal Health \(vch.ca\)](#)

From the Literature

This fall, a couple of studies out of Denmark will challenge your thinking about the role of supervised physiotherapy and exercise after elective hip and knee arthroplasty!

Madsen MN, et al. [Hip strengthening exercise dosage is not associated with clinical improvements after total hip arthroplasty – a prospective cohort study \(the PHETHAS-1 study\)](#). BMC Musculoskelet Disord 2024

* In her PhD research, Merete looked for a dose-response relationship in a 7-week home-based, Theraband exercise program 3-4x/week at 10-20RM (endurance intensity) & found no difference among those who did more exercise. Is such low intensity enough?

Mark-Christensen T, et al. [Clinical benefit of physical rehabilitation after total hip and knee arthroplasty: A pragmatic, randomized, controlled trial \(The DRAW1 trial\)](#). Osteoarthritis Cartilage Open. 2024

* In his PhD research, Troels did not track whether patients may have found their own exercises to do or if they just delayed starting supervised rehab at end of 6-week study. I also asked him if 4 strengthening exercises done every day is an appropriate prescription! Does this align with ACSM guidelines?



If you have a good research paper that you would like to share or discuss with your fellow ACE members, let us know!

Next ACE Clinical Link issue will be spring 2025!