

# Models of Care for Inflammatory Arthritis Patients

Please review the diagram and glossary to help you understand how people living with inflammatory arthritis (IA) relate to the key elements in the development of a Pan-Canadian Approach to Inflammatory Arthritis Models of Care.

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## How does a Model of Care help people with IA before they get very sick and disabled?

Person recognizes symptoms and goes to their family doctor for help

If IA is suspected, the family doctor or a nurse practitioner should provide the patient an urgent referral to a rheumatologist or other trained specialist



2

## Getting expert care

Patients referred to a rheumatologist or other trained specialist will be assessed and provided a treatment plan based on disease severity



3

## Ongoing treatment and care after diagnosis

People with IA should have information on therapy of choice, route of administration and side effects of a medication

People with IA need constant monitoring by healthcare team members of disease activity and improvement in their wellness

People with IA may need pain management initially or as needed during symptom flares



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## Taking care of yourself

People with IA need to understand what quality health care means, what their full range of treatment options are, and how to find and either pay them directly or get financial assistance

People with IA must have true partnerships with their healthcare team to determine the best choices for their health

People with IA need to learn how to take action if they feel they are not getting good health care



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## Team-based care

People with IA and their health care team discuss their progress and make treatment decisions together

People with IA need research-based information and strategies to help them manage their day-to-day life with their disease

People with IA require access to services provided by physiotherapists and occupational therapists



ArthritisID is the most comprehensive free arthritis app for consumers, featuring the evidence-based arthritis information and screening tools to help people determine if they should see their physician to receive a diagnosis: [bit.ly/GetArthritisID](https://bit.ly/GetArthritisID)



Triage is a process of prioritizing the treatment of patients based on the urgency of their disease. Triage allows for timely intake of new patients while ensuring the ongoing management of long-term patients.



ACE provides disease information in their **JointHealth™ Education** courses. ACE's **Arthritis Medications Report Card** provide information on what medications are approved in your province or territory for inflammatory arthritis such as rheumatoid arthritis, axial spondyloarthritis, psoriatic arthritis and juvenile idiopathic arthritis.



For people with IA symptoms, it is extremely important that primary care providers make an urgent referral to a rheumatologist or other trained specialist who can manage the disease to prevent joint damage or disease progression.



Self-management is about making positive and healthy lifestyle choices, understanding the importance of adherence, and acknowledging and addressing the physical and emotional effects of arthritis.



People with IA have complex medical needs that require access to care for the management of disease and complications, the management of co-morbidities, and education and lifestyle management.