

## Clinical Practice Skills for Inflammatory Arthritis - Course Outline

	Day 1 Virtual	Day 2 Virtual	Day 3 Virtual	Day 1 In-Person	Day 2 In-Person
Objective	<ul style="list-style-type: none"> <li>To learn effective assessment and management strategies using clinical practice skills for a client with Osteoarthritis (OA)</li> </ul>	<ul style="list-style-type: none"> <li>To learn effective assessment and management strategies using clinical practice skills for a client with Rheumatoid Arthritis (RA)</li> </ul>	<ul style="list-style-type: none"> <li>To learn effective assessment and management strategies using clinical practice skills for a client with Spondyloarthritis (SpA)</li> <li>To learn the relationship between nutrition, the microbiome and arthritis</li> </ul>	<ul style="list-style-type: none"> <li>To learn and practice effective joint assessment techniques and treatment strategies for clients with arthritis</li> </ul>	<ul style="list-style-type: none"> <li>To learn and practice spinal assessment and enthesitis scan</li> <li>To learn differentiations in exercise planning for different forms of arthritis.</li> <li>To introduce the varying complexity of rheumatologic conditions</li> </ul>
Learning Methods	<ul style="list-style-type: none"> <li>Case Study: OA</li> <li>Break-out sessions</li> <li>Small group problem-based learning</li> <li>Unique Solutions Kahoot Quiz</li> </ul>	<ul style="list-style-type: none"> <li>Lecture: Pharmacology</li> <li>Q and A with Pharmacist</li> <li>Case Study: RA</li> <li>Break-out sessions</li> <li>Small group problem-based learning</li> </ul>	<ul style="list-style-type: none"> <li>Case Study: SpA</li> <li>Break-out sessions</li> <li>Small group problem-based learning</li> <li>Lecture: Diet and Arthritis</li> </ul>	<ul style="list-style-type: none"> <li>SAJA demo and practise</li> <li>GALS</li> <li>Foot assessment</li> <li>Review of Systems</li> <li>Footwear</li> <li>Hand Management</li> <li>Rheumatology history taking, systems review, functional inquiry, and physical examination with patient volunteers.</li> <li>Case summary report to group facilitator</li> </ul>	<ul style="list-style-type: none"> <li>Assessment techniques for Spondyloarthritis</li> <li>Exercise approach for SpA, and RA</li> <li>Biopsychosocial factors in arthritis</li> <li>Rheumatology history taking and physical examination with patient volunteers.</li> <li>Case summary report to group facilitator</li> <li>Panel Discussion                             <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Red flags</li> </ul> </li> </ul>