

## Clinical Practice Skills for Inflammatory Arthritis Course Outline

	Day 1	Day 2	Day 3	Day 4
Objective	<ul style="list-style-type: none"> <li>To learn, practice and demonstrate effective clinical practice skills for a client with Osteoarthritis</li> </ul>	<ul style="list-style-type: none"> <li>To learn, practice and demonstrate effective clinical practice skills for a client with Rheumatoid Arthritis</li> </ul>	<ul style="list-style-type: none"> <li>To learn, practice and demonstrate effective clinical practice skills for a client with Ankylosing Spondylitis</li> </ul>	<ul style="list-style-type: none"> <li>To consolidate learning from the previous 3 days and identify future learning objectives</li> </ul>
Learning Methods	<ul style="list-style-type: none"> <li>Case Study: Osteoarthritis</li> <li>Break-out sessions/treatment/exercise</li> <li>Small group problem-based learning</li> <li>Case Work-up with <a href="#">Patient Partners®</a></li> </ul>	<ul style="list-style-type: none"> <li>Case Study: Rheumatoid Arthritis</li> <li>Break-out sessions/treatment/exercise</li> <li>Small group problem-based learning</li> <li>Case Work-up with <a href="#">Patient Partners®</a></li> <li>Lecture: Pharmacology</li> </ul>	<ul style="list-style-type: none"> <li>Case Study: Ankylosing Spondylitis</li> <li>Break-out sessions/treatment/exercise</li> <li>Case Work-up with <a href="#">Patient Partners®</a></li> </ul>	<ul style="list-style-type: none"> <li>Panel Discussion <ul style="list-style-type: none"> <li>✓ clinical questions from participants</li> <li>✓ mini cases various types of inflammatory arthritis</li> </ul> </li> <li>Case Work-up with Volunteer Patients</li> </ul>
Practical Focus	<ul style="list-style-type: none"> <li>History, systems review, physical assessment</li> <li>Standardized Assessment of Joint Inflammation</li> <li>Hand Splinting</li> </ul>	<ul style="list-style-type: none"> <li>Foot assessment</li> <li>RA Appropriate Exercise</li> <li>Gait analysis</li> <li>Assistive devices, energy conservation, joint protection</li> </ul>	<ul style="list-style-type: none"> <li>Assessment techniques for Ankylosing Spondylitis</li> <li>Medication</li> <li>Posture &amp; Ergonomics</li> <li>Spondylitis Exercise</li> <li>Footwear</li> </ul>	<ul style="list-style-type: none"> <li>Perform accurate rheumatology history, systems review, functional inquiry and physical examinations</li> <li>Report active joint counts and clinical findings to a Rheumatologist</li> </ul>
Time	Day 1-3: 8:00–5:00pm; Day 4: 8:00–12:00pm			