



Arthritis Pain and Delayed Surgery: A Q&A with Experts

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Submitting Questions and Using the Chat

- ▼ Use the Q & A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- ▼ Click on the chat button to connect with other participants and the Arthritis Society's chat moderator.
- ▼ You can choose who to send the message to, or close the chat function depending on your preferences



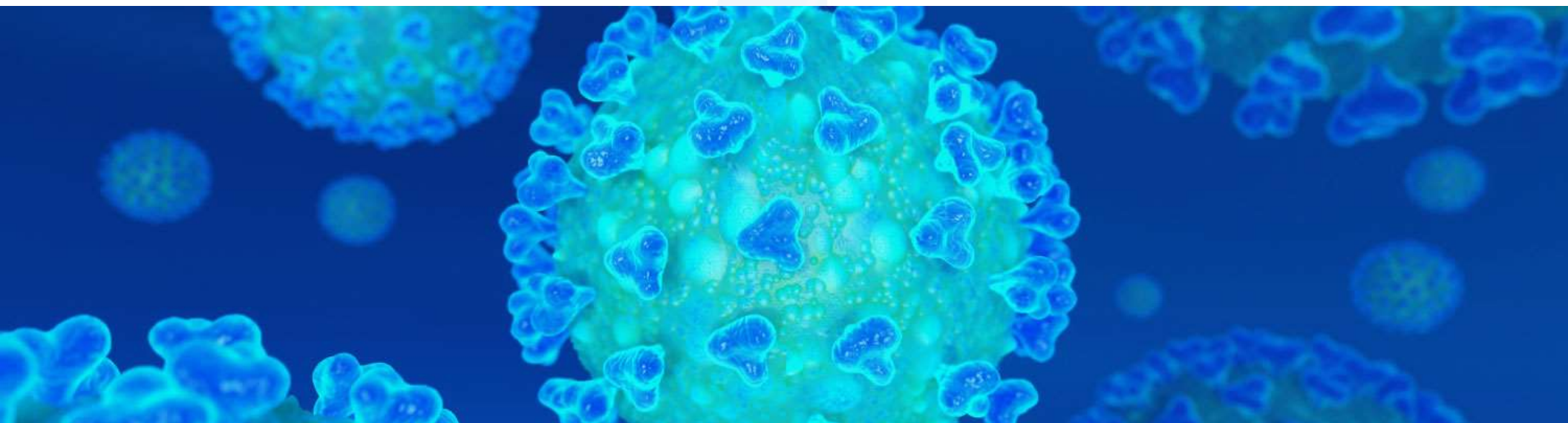
Overview

- ▼ Surgical wait times in Canada and the impact of COVID-19
- ▼ What to expect as hospitals re-start scheduled surgeries
- ▼ Managing arthritis and arthritis pain at home



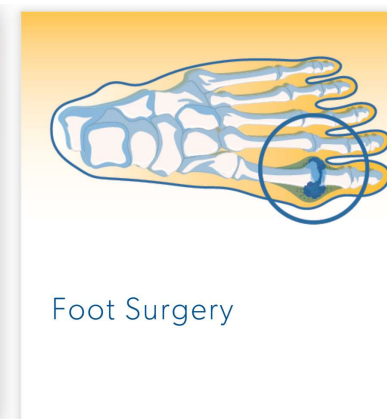
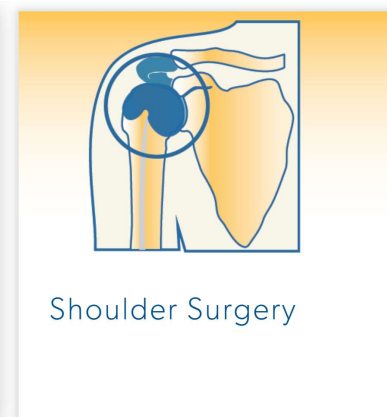
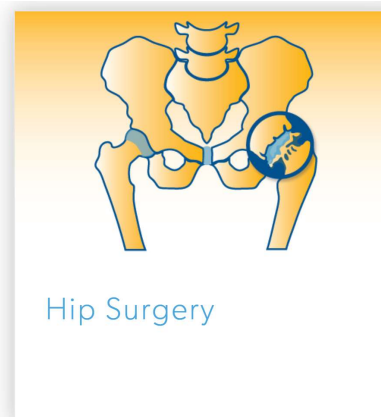


How has COVID-19 changed the landscape of joint surgeries in Canada?



Osteoarthritis

- ▼ Affects 5 million Canadians (1 in 6)
- ▼ No cure
- ▼ Arthritis is the leading cause of joint replacements
 - 99% of knee replacements
 - 80% of hip replacements
- ▼ Hip, knee, shoulder, spine, foot, ankle, etc.

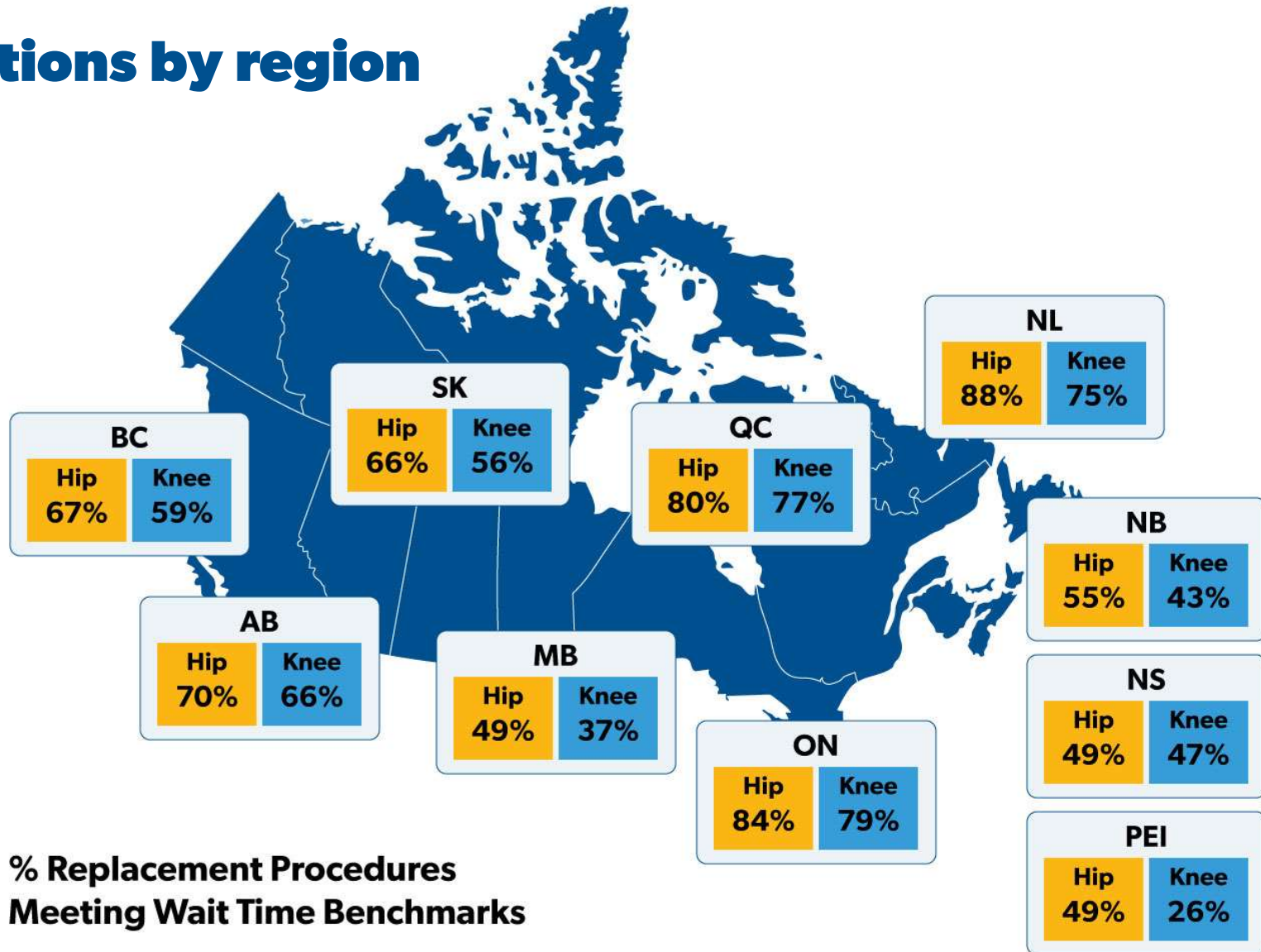




How long are surgery wait times in Canada (pre-COVID-19)?

- ▼ Benchmark wait times set by provinces and territories
 - Hip replacements: 6 months (182 days)
 - Knee replacements: 6 months (182 days)
- ▼ In reality, about 1/3 of patients do not receive their hip or knee procedure within recommended times
- ▼ Even higher proportion do not reach benchmarks for other arthritic joints (e.g. spine or ankle)

Big variations by region



% Replacement Procedures Meeting Wait Time Benchmarks



What happened to surgeries during COVID-19?

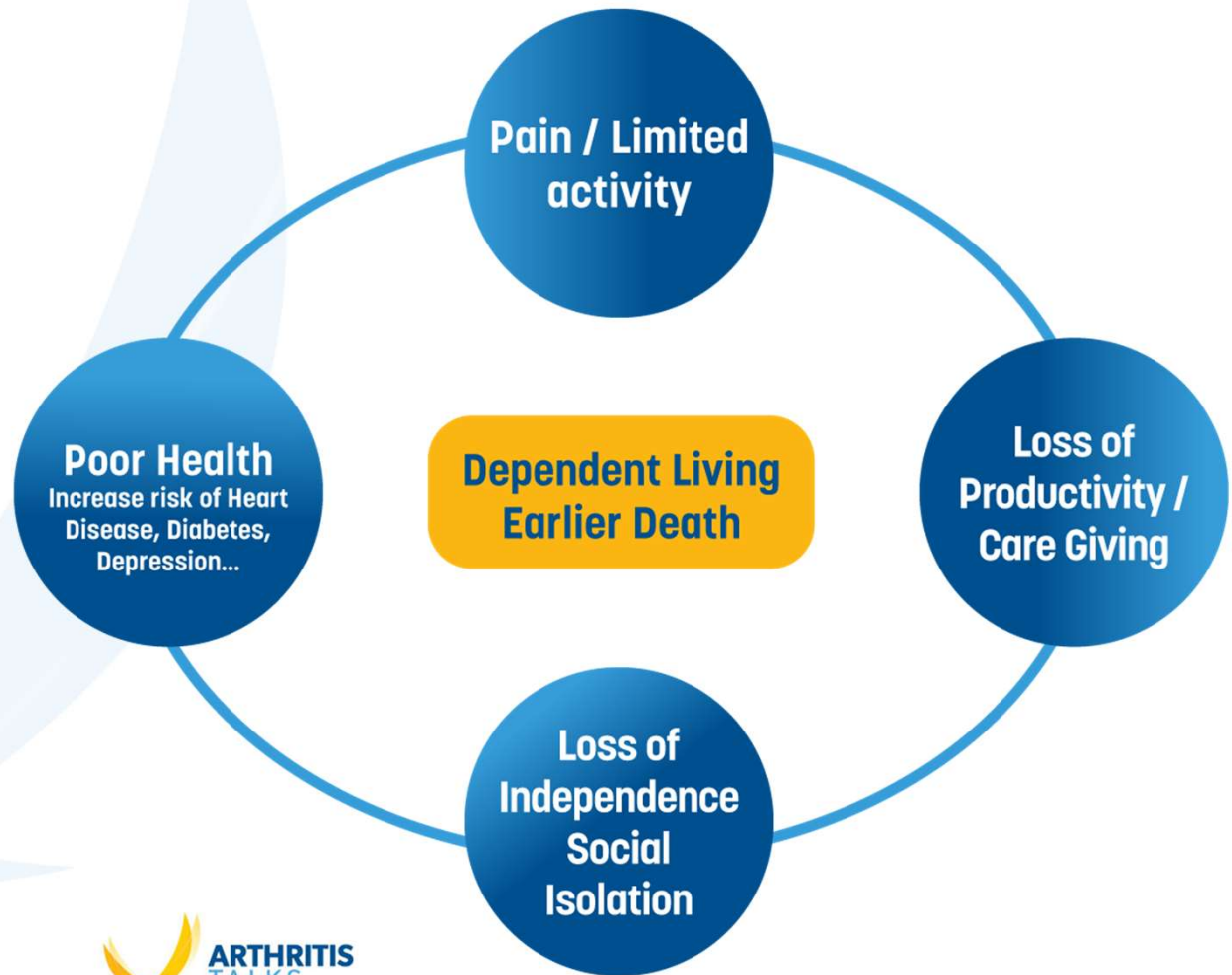
- ▼ All scheduled surgeries in Canada postponed since mid-March to devote hospital and staff resources to COVID-19 and protect patients
- ▼ Impacted many, many surgeries (>100,000), numbers growing by the day
- ▼ Delayed surgeries have many health and social implications



How long will it take for the healthcare system to recover?

- ▼ Most provinces are slowly re-starting scheduled surgeries
- ▼ Could take over 2 years to catch up
 - Without increased capacity we may never catch up
- ▼ Advocacy and investment in arthritis care is desperately needed

Vicious Cycle: Arthritis does more than hurt!





How will surgeries be prioritized?

▼ Early principles:

- Stable number of COVID-19 cases
- Stable supply of Personal Protective Equipment (PPE)
- Stable supply of medications
- Adequate capacity for inpatient and intensive care unit beds
- Adequate capacity of health human resources
- Availability of post-acute care outside hospitals (after discharge)
- Cancer and cardiac surgeries prioritized
- Some acknowledge hip and knee replacements and other scheduled orthopaedic surgeries



How to clear the surgery backlog?

- ▼ Boost operating room capacity
- ▼ Boost nursing care
- ▼ Boost pre- and post-surgery care
- ▼ Funding
- ▼ May also be delays for people who haven't yet seen a surgeon or are on a waitlist



How can I advocate for arthritis during COVID-19?

- ▼ Send an email to your elected representatives
- ▼ Ask them to work together on three key priorities:
 - Access to medications
 - Reduce wait times for joint replacement surgery
 - Invest in arthritis research

arthritis.ca/TakeAction

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Take Action on Arthritis during COVID-19

SHARE EMAIL PRINT

The **COVID-19 pandemic** has affected the entire country, changing our way of life. As governments combat the coronavirus, the **Arthritis Society** is working to ensure they take into consideration the needs of Canadians with arthritis.

To help, **take action** and send an email to your federal and provincial elected representatives, asking them to work together to:

- Ensure patients have access to necessary medications
- Develop and implement a coordinated plan to reduce wait times for joint replacement surgery when elective surgeries are restarted
- Invest in arthritis research

Take Action

Send an email to your elected representatives. Asking them to work together on our three key priorities: **access to medications, wait times for joint replacement surgery, and research.**

Personalize your message in the template below.

First Name * Last Name *

Email Address * Postal Code *

Please enter a postal code to continue.

I am writing today as your constituent and as someone who is affected by arthritis. As governments discuss next steps and look at when and how to safely loosen restrictions due to COVID-19, I ask you to consider the Arthritis Society's three key recommendations:

Sincerely,





Will it be safe to go into hospitals once surgeries resume?





What extra precautions will hospitals take to ensure the safety of patients?

▼ Patients can expect things like:

- COVID-19 screening for patients
- Awareness of asymptomatic carriers
- Hospital staff in full PPE
- Greater use of telemedicine/virtual care (e.g. pre-surgery assessments)
- Fewer patients per room
- Fewer patients in waiting rooms
- Increased cleaning frequency



What extra precautions should patients take when going into hospital for surgery?

- ▼ Self-monitor for COVID-19 symptoms and report any concerns to your healthcare provider before going into hospital
 - Fever, cough, shortness of breath, sore throat, runny nose
 - Do not withhold reporting symptoms

- ▼ Expect your surgery to be rescheduled if you have symptoms

- ▼ Follow public health recommendations for transmission prevention:
 - Physical distancing (2m)
 - Hand washing
 - Mask wearing (if physical distancing not possible)
 - etc.



Can a family member or friend come to hospital with me?

- ▼ Most hospitals have “no visitor” policies in place
- ▼ Check with your hospital regarding updates to specific policies or any exceptions
- ▼ Any allowed visitors should follow public health recommendations for transmission prevention

Q

Some people with arthritis may be experiencing worsening symptoms right now. What should they do?





What do I do if I need medical care?

- ▼ If you need serious medical care, do not delay or avoid calling 911
 - Hospitals and emergency rooms are equipped to keep people safe in Canada
 - Notify healthcare providers if you have any flu-like symptoms
- ▼ For in-person medical appointments, confirm ahead of time if you have any symptoms and notify the site before going
- ▼ Many sources of virtual care (e.g. online physician visits, pharmacist education, therapist consultations)
- ▼ Consider delaying unnecessary in-person visits
- ▼ Medication delivery available from most pharmacies



Can I take my arthritis medications? Am I immunocompromised because I have OA?





Are osteoarthritis patients immunocompromised?

- ▼ Arthritis describes a group of over 100 inflammatory diseases
- ▼ While rheumatoid arthritis and osteoarthritis both have joint symptoms, the cause is different
- ▼ Rheumatoid arthritis
 - Most forms are autoimmune: body's internal defense mechanisms attack healthy tissue
- ▼ Osteoarthritis
 - Most common form of arthritis
 - "Wear-and-tear"
 - Breakdown of cartilage with inability to repair damaged joint tissue



Is it safe to take the medications I use to manage my osteoarthritis pain during this pandemic?

- ▼ Yes
- ▼ You shouldn't make any changes to your medications without speaking with your healthcare provider



Should I be using medical cannabis during this pandemic?

- ▼ You should be consulting a healthcare professional if you are currently taking, or considering medical cannabis to manage your arthritis pain symptoms
- ▼ If you are currently benefitting from the use of medical cannabis, continue to use it for the reason you started it
 - There is no known benefit of cannabis on COVID-19
- ▼ Inhaled cannabis is not recommended at any time; the risk of impacts on lungs and airways, particularly during any respiratory infection, is significant



Do any dietary supplements help with joint pain?

- ▼ Herbal supplements can contain many compounds
- ▼ Active and inactive ingredients and how they interact is not always known
- ▼ “Natural” does not automatically mean “safe”
- ▼ There is variable evidence depending on supplement

- ▼ OK to try? *Yes*: Glucosamine/chondroitin, omega 3s/fish oil, avocado soybean unsaponifiables (ASU), vitamin D, turmeric
- ▼ OK to try? *Maybe*: Methylsulfonylmethane (MSM), S-Adenosyl-L-methionine (SAME)



What can I do now to manage my arthritis pain?





How can I manage my arthritis pain at home?

▼ Self-management: **Physical activity**

- Misconception: painful joints require rest!
- Not enough movement can cause muscle weakness and worsening joint pain and stiffness
- Light to moderate activity like walking, gardening, household chores

▼ Self-management: **Exercise**

- Motions that improve flexibility, strength or endurance
- Therapeutic exercises: improves connections and response time between your brain and muscles and increase coordination
- Range of motion exercises (stretching or flexibility)
- Strengthening exercises: maintain or increase muscle tone (resistance training)
- Endurance exercises (walking, swimming, cycling)

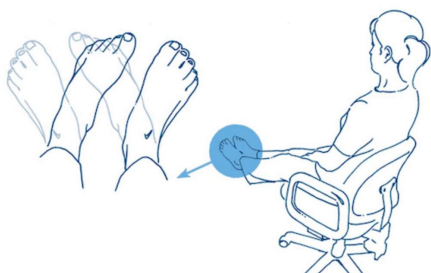
Q What physical activity is recommended for someone with arthritis?

- ▼ Any increase in physical activity or exercise may help
- ▼ Frequency, intensity and type varies by person
- ▼ Establish a goal and a plan for how to achieve it
- ▼ Work towards your goal in realistic increments
- ▼ Include short term targets to get to your goal



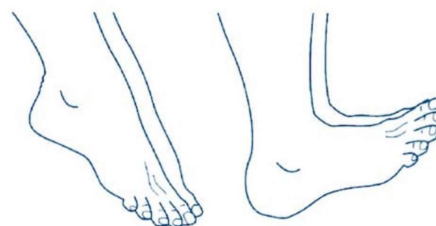
What are good exercises for someone with arthritis?

1. Ankle circles



Sit upright in chair with feet stretched out in front. Rotate feet in one dir

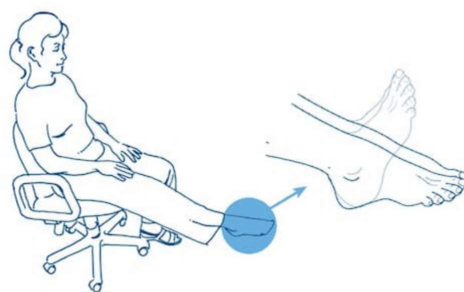
2. Heel/toe lift



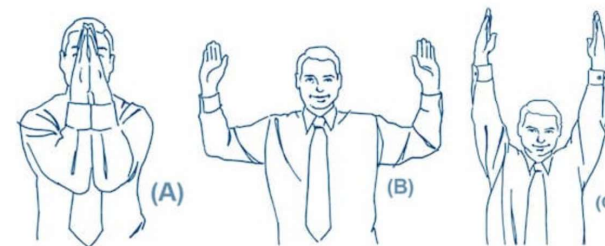
3. Knee raises



4. Leg lift with ankle movements



5. Shoulder stretches



Q

How do I manage my back pain specifically?

- ▼ Back pain is #1 cause of disability worldwide
- ▼ Experienced by about 80% of population at some point
- ▼ Many types of arthritis can cause back pain
- ▼ Stay as active as you can
- ▼ Self-management strategies including back exercises
- ▼ Pain-relieving medications





What are good exercises for someone with arthritis?

Home modifications



Knee to Chest



Q

How can I protect my joints from further damage?

- ▼ Pace yourself by alternating heavy/repeated tasks with lighter ones
- ▼ Keep your joints aligned (e.g. avoid bending your back when lifting)
- ▼ Avoid excess joint stress
- ▼ Consult a therapist for a customized exercise program (physiotherapist) and advice on assistive devices and adaptations for home and work (occupational therapist)
- ▼ Assistive devices (e.g. raised seat, reacher, walker, cane)
- ▼ Maintain a healthy body weight



Q Where to find trusted self-management online resources?

TOP 10 EXERCISES

All exercises should be performed 20 times or as tolerated

- ### 1 Ankle Circles

 - Sit upright, keep abdominal muscles tight, chest high with legs stretched out in front
 - Slowly circle your feet in one direction 20 times, then in the other direction 20 times (If you have difficulty try using one leg at a time)
- ### 2 Heel/Toe Lift

 - Sit upright on the edge of a chair or stool with your feet flat on the floor
 - Lift heels for three seconds, keeping toes on the floor
 - Return feet to flat position then lift toes for three seconds
- ### 3 Knee Raises

 - Sit upright on the edge of a chair or stool
 - Keeping abdominal muscles tight, lift one knee as high as you can without bending your back (You can assist lifting your knee higher with your hands)
 - Slowly lower your foot down to the floor
 - (Note: Avoid this exercise if you've had a total hip replacement)**
- ### 4 Leg Lift with Ankle Movements

 - Sit upright, keeping abdominal muscles tight and back supported, then slowly straighten your knee
 - With the knee slightly bent, point your toes straight ahead, then reverse to point toes toward the ceiling
 - Lower leg
 - Repeat with other leg
- ### 5 Shoulder Stretches

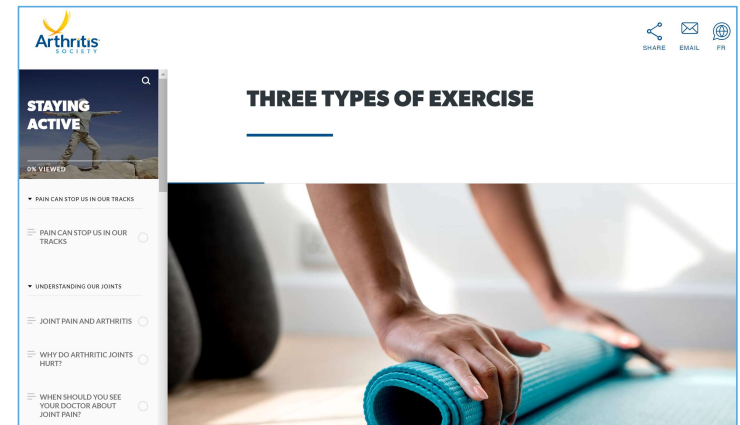
 - Sit or stand with good posture, forearms close together in front of the body **(Note: This start position is not suitable for those with osteoporosis)**
 - Open arms at shoulder height, elbows bent and palms facing forward, squeezing shoulder blades together
 - Stretch arms overhead, keeping elbows out in line with body



Online Learning Modules:
Daily Living and Staying Active

Explore new virtual options:

- Your gym
- Studio classes
- Group classes
- etc.





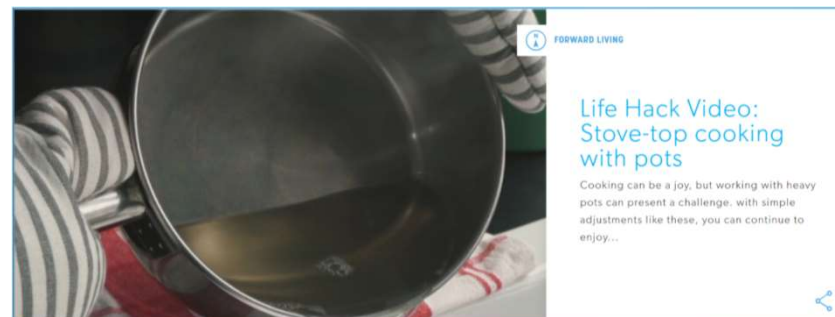
Being home with arthritis





What precautions should I be taking while at home?

- ▼ Protect your joints
- ▼ Take breaks
- ▼ Make time for exercise and physical activity
- ▼ Maintain a healthy diet
 - Limit saturated and trans fats
 - Reduce sugar intake
 - Eat more vegetables and fruit
- ▼ Take advantage of virtual care options
 - Arthritis Rehabilitation and Education Program (AREP) Ontario (1-800-321-1433 ext. 1301)





How to make the most of it?

Focused Breathing Exercise



Top 10 Arthritis Exercises



15 Tips for Self-Care



Keeping you **connected.**
Helping you flourish.





Reputable COVID-19 resources

- ▼ Arthritis Society (arthritis.ca)
- ▼ Arthritis Rehabilitation and Education Program (AREP, virtual care in ON) (1-800-321-1433 ext.1301)
- ▼ Arthritis Consumer Experts (<https://jointhealth.org>)
- ▼ Canadian Arthritis Patient Alliance (arthritispatient.ca)
- ▼ Public Health (www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)
- ▼ Government of Canada (Canada.ca)
- ▼ U.S. Centers for Disease Control (CDC.gov)
- ▼ World Health Organization (www.who.int/emergencies/diseases/novel-coronavirus-2019)
- ▼ Patient Support Programs

**Stay Home
Stay Healthy
Stay Safe**





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