

ARTHRITIS SOCIETY CANADA

NOVA SCOTIA 2024 PRE-BUDGET CONSULTATION SUBMISSION

Delivered to:
Department of Finance & Treasury Board

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INTRODUCTION

On behalf of Arthritis Society Canada, we appreciate the opportunity to contribute to the Nova Scotia Department of Finance and Treasury Board 2024 pre-Budget consultation.

Arthritis Society Canada is a national health charity dedicated to extinguishing arthritis. We represent the six million Canadians, including the 200,000 Nova Scotians, living with arthritis today. As the country's most common chronic condition, arthritis is misunderstood and often considered a disease of the elderly. The reality is that half the people with arthritis are under the age of 65, one-third of Canadians living with osteoarthritis were diagnosed before the age of 45 and there are thousands of children living with arthritis. Arthritis is a leading cause of disability and workplace limitations and one of the major health challenges facing our health care system today.

Our recently released [State of Arthritis in Canada Report Card](#) looks at how arthritis is being addressed in each province and territory based on three categories: Access to Care, Wellness, and Research and Innovation. **Nova Scotia received a grade of D**, emphasizing the need for action and innovation in arthritis care, specifically better arthritis data, increased funding of arthritis research and better access to arthritis care.

As you begin your budget consultations, we are pleased to provide three detailed recommendations:

- 1) **Reduce wait times for joint replacement surgeries**
- 2) **Improve access to arthritis care and treatment options**
- 3) **Invest in research and innovative solutions to extinguish the fire of arthritis**

1. Reduce wait times for joint replacement surgeries

Arthritis is the leading cause of joint replacement, including over 99% of knee replacements and more than 70% of hip replacements. With the number of people with arthritis expected to balloon to 260,000 by 2035, even more people will need joint replacements.

According to the Canadian Institute for Health Information (CIHI), the benchmark wait time for hip and knee replacements is 182 days. The most recent [CIHI data](#) shows that **51% and 62%** of Nova Scotians waiting for hip and knee replacements respectively **did not** have their surgeries completed within the recommended time. These surgical delays cause a tremendous strain on our healthcare system.

This prolonged wait is leading to unnecessary pain and suffering for many Nova Scotians who are prevented from contributing to their families, communities, and workplaces. There are potential downstream health impacts that increased wait times have for people waiting for joint replacement surgery, such as the increased use of opioids for pain relief.

Surgery delays are not only devastating for individuals but can also lead to significant additional costs for the healthcare system due to the associated co-morbidities, including weight gain, diabetes, heart and circulatory issues, mental health conditions, and other compounding health challenges.

We are pleased with the government's implementation of same-day orthopedic surgeries and centralized booking and referral system. We encourage the government to consider other innovative and concrete recommended in Arthritis Society Canada's report [The Wait: Addressing Canada's Critical Backlog of Hip and Knee Replacement Surgeries](#).

Effective person-centred care is essential, and we would welcome the opportunity to further share our perspective and to have an active role in helping to solve this crisis. An important component is providing access to community-based joint management programs, such as GLA:D, that can help reduce or delay the need for joint replacement surgeries.

2. Improve access to arthritis care and treatment options

Too many people are not receiving the right treatment at the right time. Timely access to primary care and specialists, as well as programs and services in communities across Nova Scotia to manage arthritis symptoms and pain, are urgently needed. The [Report Card](#) findings highlight the urgent need to develop and implement different models of care, such as team-based care involving Advanced Clinician Practitioner in Arthritis Care (ACPAC) to help diagnosis and treat arthritis. ACPAC-trained extended role practitioners (ERP) working with primary care and specialists can reduce wait times and ensure people are directed to appropriate care. For inflammatory arthritis it is especially critical that treatment begin early to avoid permanent joint damage.

As there is no cure for arthritis, access to medications is critical for people living with arthritis. To manage their condition, people living with arthritis need access to their prescribed medications without financial or administrative barriers or risk of shortages. The right treatment plan can significantly improve quality of life and allow people to lead near normal lives. In the case of inflammatory arthritis, for example, treatments are still very much trial and error: what works for one person may not for another, and it's about finding the right treatment at the right time. A range of choices and solutions is therefore critical.

Medical cannabis is also an important pain management option for many people living with the fire of arthritis. About 1 in 4 Canadian adults using medical cannabis use it to manage arthritis, specifically. While cannabis for medical purposes requires medical authorization by a healthcare professional, it is subject to sales and excise taxes, which is inconsistent with the taxation of prescription drugs and medical necessities. Exempting the provincial tax portion from the HST for medical cannabis would provide some financial relief for patients during this difficult time and underscore a clear and important distinction between medical versus recreational cannabis, paving the way for medical cannabis to be recognized and treated as medicine.

3. Invest in research and innovative solutions to extinguish the fire of arthritis

Funding for arthritis research has flatlined or declined over the last 15 years. Musculoskeletal disease has the highest cost due to illness and arthritis is a major contributor. Advances in research, as demonstrated through development of life-changing biologics, are essential to improving prevention, early detection, health outcomes, and quality of life for all people in Canada living with arthritis.

Arthritis Society Canada has increased its research investment and launched an Innovation Strategy. Building up investment in arthritis research and innovative technologies should be a priority and included in Nova Scotia's life sciences strategy.

CONCLUSION

In closing, we urge the Government of Nova Scotia to implement our key recommendations that can add cost-effective sustainability to the healthcare system and support a healthy population of Nova Scotians.

About Arthritis Society Canada

Arthritis Society Canada is dedicated to extinguishing arthritis. We represent the six million Canadians living with arthritis today, and the millions more who are impacted or at risk. Fueled by the trust and support of our donors and volunteers, Arthritis Society Canada is fighting the fire of arthritis with research, advocacy, innovation, information and support. We are Canada's largest charitable funder of cutting-edge arthritis research. We will not give up our efforts until everyone is free of the scorching pain of arthritis. Arthritis Society Canada is accredited under Imagine Canada's Standards Program.

