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cription list at the vaccination site. That position has been endorsed by our provincial Ministry of Health and the leadership of our major retail pharmacy companies. The patient says he is planning to get his vaccine at his local pharmacy which also supplies his RA medications. Great — there should be no problems.

The same afternoon, I hear my secretary talking to the same patient. His pharmacy, a store in a major chain, wants a letter from me before they will give him his shot. Well, I have a template for such letters, so I fax it over to the pharmacy so the patient will get what he needs. But I don't stop there: I also fax them the ORA one-pager on the correct fourth dose implementation protocol. And I contact Dr. Purvis and our ORA Executive Director with the pharmacy name and store number, address, telephone and fax numbers. Within the hour, I am assured that the relevant people at the Ministry of Health and at the pharmacy chain head office have been notified. Maybe that will

help other patients and other rheumatologists avoid being faced with these situations. A small victory, but we need those occasionally to keep fighting the good fight on behalf of our patients.

Glossary:

1. PMR: Polymyalgia rheumatica
2. CBC: Complete blood count
3. ESR: Erythrocyte sedimentation rate
4. CRP: C-reactive protein
5. EMR: Electronic medical record
6. RF: Rheumatoid factor
7. RA: Rheumatoid arthritis
8. SLE: Systemic lupus erythematosus
9. ORA: Ontario Rheumatology Association

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Our Latest Patient Resources

By Trish Barbato, President and CEO, Arthritis Society

When you live with a chronic illness, having access to information and resources is important. At the Arthritis Society, we want to be able to benefit patients by providing them with new and updated information.

We're excited to announce some of our resources are now available in languages beyond English and French, which means more people will be able to access valuable information that could assist them on their patient journey. We have adapted our rheumatoid arthritis brochure into Simplified and Traditional Chinese, and into Arabic, with other languages to follow.

Living with a chronic illness can be difficult — not just on the body but also on the mind — so we've also created new meditation videos: an introductory one, and one for anxiety and stress.

It can also be difficult for patients to keep up with new treatments and the most current research, so we recently updated our content on biologics and biosimilars for the treatment of inflammatory arthritis, to help patients keep up with new treatments and the most current research.

Please share these resources with your patients and direct them to arthritis.ca/resources.

