



**18. The pan-Canadian Approach to Inflammatory Arthritis Models of Care.**

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**Objective:** To establish a pan-Canadian approach to Models of Care for inflammatory arthritis (IA) that is evidenced based and supported by best practices.

**Challenge:** The current pattern of health care delivery to those living with IA is in crisis: the economic burden is expected to double within a generation, and the number of rheumatologists in Canada is already insufficient to provide timely care. In response to these challenges, the Arthritis Alliance of Canada (AAC), a coalition of over 35 arthritis stakeholder organizations, developed the pan-Canadian Approach to Inflammatory Arthritis Models of Care, to improve the way health care is delivered to patients with IA.

**Approach:** In Ontario, a working committee was established in 2011, and has been dedicated to building a regional plan to improve prevention and care for arthritis patients. In every province, there are examples of best practices and innovative models of care and this document is based on input from a broad range of leaders and stakeholders across the country.

A significant amount of work has been completed within the rheumatology community to provide guidelines on clinical best practices in Canada. Published work includes the Canadian Recommendations for the Medication Management of Rheumatoid Arthritis, developed by the Canadian Rheumatology Association, and International Guidelines for Psoriatic Arthritis. This approach to IA models of care is aligned with the early access to care recommended in these guidelines and treat to target.

The pan-Canadian Approach to Inflammatory Arthritis Models of Care describes the key elements of a model of care that must address the complex, long-term issues facing patients and include all points of contact across the health care system. It also considers the range of health care providers needed and their specialized scopes of practice.

**Results:** The pan-Canadian IA Models of Care uses a patient-centred team-based approach focused on systems and processes to remove barriers and promote early referral and Treat 2 Target (T2T) management approaches.

The model is comprised of six key elements: 1. Identification 2. Access 3. Medical management 4. Shared Care 5. Self-management 6. Measurement.

**Conclusion:** The pan-Canadian Approach to Inflammatory Arthritis Models of Care is a framework for models of care for inflammatory arthritis in Canada with sufficient flexibility to be operational at a local or regional level. We have developed a national network of provincial champions who will partner with key stakeholders to integrate this approach into the chronic disease management programs of each jurisdiction.