

Allied Health Care Providers in Rheumatology



The Role of the Nurse



1. Nursing care from a holistic approach:
 - Assessment of patient's physical, psychological & social status
 - Supportive counseling & education on the disease process, managing health concerns, health promotion strategies, & treatment options in managing the disease
 - Teaching skills mastery of self-injection, adjusting medications & health promotion activities
2. Coordinator of Care:
 - Advocates on behalf of patient's needs
 - Ensures referrals to other health care providers/programs as needed.

Questions to ask a patient to determine need to see a nurse

1. Would you like to talk to a nurse?
 2. Do you understand your medications & how they work?
 3. How are you coping with your disease (physically, emotionally, socially, sexually, or spiritually)?
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Role of the Physiotherapist



1. Assessment of the patient's physical function and biomechanical dysfunction.
2. Treatments include the use of exercise prescription & progression, gait training, exercise equipment and electrotherapeutic modalities (example: TENS, ultrasound).
3. Provide education and resources about self-management

Questions to ask a patient to determine need to see a physiotherapist

1. Are you satisfied with your ability to walk, move your body or exercise?
 2. Are there any daily activities you are unable to do because of weakness, poor balance, pain or stiffness?
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The Role of the Occupational Therapist

1. Analyzes tasks patients do every day
2. Problem solves solutions to promote enhanced quality of life & independence.
3. Prescribe/fabricate orthotics and splints to improve function, reduce pain or provide joint support.



Questions to ask a patient to determine need to see an OT

1. Are you having difficulty doing any daily activities at home or work? (i.e. getting meals, getting dressed, having a bath, tying shoes, or using a computer)
 2. Do you have any issues with standing, walking or using your hands?
 3. Do you struggle with pain or fatigue?
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Role of the Social Worker

1. Connects patient/family members to community resources.
2. Helps deal with practical concerns in life, including housing, financial and family worries
3. Assists patients to adjust to emotional and social changes, including depression, stress, social isolation and loss of purpose in life



Questions to ask a patient to determine need to see a social worker

1. Have you been feeling sad or overwhelmed lately?
 2. Do you have money or housing worries?
 3. Are you feeling alone in dealing with your arthritis/condition?
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