

## Arthritis Council

**This Council call is serving as the CCL Peer to Peer Sharing Webinar #1  
Tuesday, June 2, 2020, 2:00 PM ET**

### **Strategies for Increasing Provider Physical Activity Counseling and Referrals for Patients with Arthritis and Lupus**

Link to recording - <https://chronicdisease.zoom.us/rec/play/u8Eud-37qjM3E9zG5QSDBfB5W468evms2iQZrPJbn06xBnEGZwGjYOATY7CMSzSZaXdHBMmhZJ6rul1M?continueMode=true>

#### **Call Summary**

**Welcome** – Heather Murphy and Lisa Erck, NACDD

**Guest Speaker** - Elizabeth A. Joy, MD, MPH, FACSM, FAMSSM, Senior Medical Director for Wellness and Nutrition at Intermountain Healthcare in Salt Lake City, UT. Dr. Joy practices Family Medicine and Sports Medicine at the Salt Lake Live Well Center. Dr. Joy is an adjunct faculty member at the University of Utah School of Medicine in the Department of Family and Preventive Medicine, and in the College of Health Department of Nutrition & Integrative Physiology. Dr. Joy is the Past President of the American College of Sports Medicine (ACSM), and the Female Athlete Triad Coalition. She serves on the Exercise Is Medicine Governance Committee for the ACSM, chairs the EIM Clinical Practice Committee, and serves on the Board of Directors for the National Physical Activity Plan Alliance. Her research interests lie in the areas of physical activity promotion, diabetes prevention, and the Female Athlete Triad.

Dr. Joy discussed:

- Physical activity as a strategy to improve arthritis
- The Exercise Is Medicine Program
- Partnering with healthcare to enhance PA opportunities for people with arthritis

**Facilitated Discussion and Sharing** – Lisa lead the discussion component and started the session with a poll on who was engaging in activities to address physical activity while social distancing. Many participants “raised their hands”.

Mona Burwell (VA) shared information on some innovative work they are doing with the Walk With Ease self-directed course and Google hangouts. These hangouts provide an opportunity for participants to talk together and share life experiences, while preventing social isolation. Mona has received positive feedback from participants and plans to continue the hangouts.

Leshia Spencer-Brown (NRPA) shared that many of their agencies have set up virtual recreation centers and are engaging community members in Facebook live sessions, Zoom meetings and other innovative practices to keep them active and engaged.

Lisa transitioned the call to follow up on a discussion point from Dr. Joy which was partnering with Physical Therapy Associations to transition patients to arthritis appropriate evidence-based interventions.

Lainey Faulkner (KS) shared information on work being done in Kansas with the Physical Therapy Association.

Amy Ellings (WA) asked about engagement strategies for healthcare providers. Dr. Joy suggested starting with your own primary care physician, asking him/her the question. Also, think about going to your state medical association. Amy shared that there have been challenges with staff turnover but this information is helpful.

Nicolle Miller (UNC-A) shared the work they've done in NC with the Physical Therapy Association and the development of CEs/CEUs, and providing information on arthritis appropriate evidence-based interventions.

While time didn't permit sharing on the call, NACDD had a past project that worked to develop educational materials for PTs. A series of flyers ("Tools for Success") for engaging physical therapy clinics in delivering WWE were developed. The four flyers include: Choosing a WWE Format which is a tool that helps PTs determine whether Self-Directed or Group format is best; Onboarding Clinics and Recruiting Participants which discusses marketing; Readiness Assessment to determine the practice "readiness" to manage a WWE project; and, a Sample Program Timeline for launching and administering a WWE project. Provider and patient materials are available on the APTA website as well as the [NACDD Arthritis Resource page](#).

#### **Announcements -**

- Arthritis Council Elections Open now through June 15<sup>th</sup> for all Council members -
- Reminder - Peer to Peer Sharing Webinar #2 is July 22<sup>nd</sup> 1:30-2:30 PM ET and will focus on using patient portals and medical records as tools for influencing arthritis and lupus self-management practices. **Please note that this call is also part of the CDC Arthritis Program Technical Assistance/Learning Community Webinar Series. Taking place during the regularly scheduled CDC call.**
- August 25<sup>th</sup> at 1:30 will be CCL call #3
- Walk With Ease work group call June 18, 2020, 11 AM ET. Contact [hmurphy@chronicdisease.org](mailto:hmurphy@chronicdisease.org) for more information.
- Coronavirus and Arthritis webinar series by the Arthritis Foundation in June 2020. For more info and to register go to [arthritis.org/webinar](http://arthritis.org/webinar).
- *The next Arthritis Council call will be held on Tuesday, July 7, 2020 at 2:00 PM ET.*

#### **Resources –**

[Exercise Is Medicine Health Care Providers Action Guide link](#) and associated tools  
[Exercise Is Medicine Rx For Health Series](#) including handouts on Osteoarthritis (English and Spanish) and Rheumatoid Arthritis (English and Spanish)