

Vancouver Coastal Health

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Mary Pack Arthritis Program

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Mary Pack Arthritis Program | British Columbia

General

The Mary Pack Arthritis Program (MPAP) has clinics in Vancouver, Victoria, Penticton and Cranbrook. All clinics are based on the same model, but function differently related to size and resources available. The program reflects best practices in Osteoarthritis (OA) management and fosters a self management approach. A physician referral is required. There are waiting lists for all the clinics of 2 to 8 months.

Program structure

The program includes both education and treatment services as outlined in the table below.

Clinic Site	PT	OT	SW	RN	VR
Vancouver	X	X	X	X**	X
Victoria	X	X	X	X	
Penticton	X	X	X*		
Cranbrook	X	X	X*		

PT – Physical Therapy; **OT** – Occupational Therapy; **SW** – Social Work; **RN** – Nursing; **VR** – Vocational Rehabilitation

* Service provided as telephone counselling from Vancouver

** Nurses in Vancouver do not provide service to clients with osteoarthritis

Intake: The intake starts with an assessment, including demographics and the use of validated functional questionnaires as relevant to the symptomatic joints. Each discipline completes an initial assessment, with some shared components completed by the client. A coordinated education and treatment plan is developed based on the assessment findings from each of the assessors and the goals identified by the individual.

Education: Both the Vancouver and Victoria Arthritis Clinics offer education classes. These can be requested by the patient or physician or recommended by the therapist. All classes are free and broad in focus with topics that range from disease-related topics to those addressing function or symptom management.

Treatment: As above physiotherapy treatment starts with an individual assessment during which the patient's goals are identified and the plan of treatment is developed. Interventions can include education, therapeutic exercise, physical modalities, and group treatment sessions. All clinics provide land based exercise programs. In Vancouver and Victoria where there is access to a pool water based exercises programs are available. Occupational therapy for OA begins with a client-centered functional assessment based on concerns or goals identified by the client. Intervention includes education and support in modifying activities to protect joints, and managing pain and fatigue in the context of daily life. This may include physical interventions such as hand splints, orthotics and footwear and adaptive equipment. Social Work is available to those individuals who require social support. The interventions focuses on developing and implementing short and long-term goals to reduce feelings associated with being overwhelmed by a chronic disease.

This may include the provision of information, counseling, and referrals (if needed) to promote better understanding and management of the medical, psychological, social, and practical changes caused by OA.

Ongoing services

Once the patient has been discharged follow up care in the clinic is available at the patient's request within 6 months of discharge with no referral required. MPAP clinicians can also place a patient back on the waiting list or provide more immediate care, as required.

Community services

The program has linkages to other programs and health care providers within Vancouver and other regions in BC. Links to the primary care physicians and specialists are through written documentation. Some community services require a physician's referral, such as pain clinics, which are used when there are other medical concerns that contribute to the pain experience. Referrals are initiated through contact with the primary care physician. Other community programs do not require a referral including exercise classes, nutrition counseling and telephone support programs to foster physical activity. Examples include the Physical Activity Line and the Active Choices Program. These programs may provide services not available at MPAP, foster active self-management, or provide long-term support. Additional private physiotherapy and occupational therapy splinting services are available in the area for those patients who have funding.

Evaluation

Evaluation of patient status is undertaken including pre and post patient reported outcome measures, functional outcomes as well as patient satisfaction.



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