

VERSUS ARTHRITIS

Link Worker Presentation

VERSUS
ARTHRITIS

WHAT IS ARTHRITIS?

Arthritis occurs when there is **inflammation of the joints**- this can lead to pain, swelling and/or stiffness.

It is not a single condition, there are more than 150 MSK conditions affecting muscles, bones, joints, tendons and/or ligaments.

Common conditions include osteoarthritis, Gout and Rheumatoid Arthritis.

There are several factors that can increase the risk of each type of arthritis. It could be that the genes you inherited from your parents or grandparents made you more likely to get arthritis.

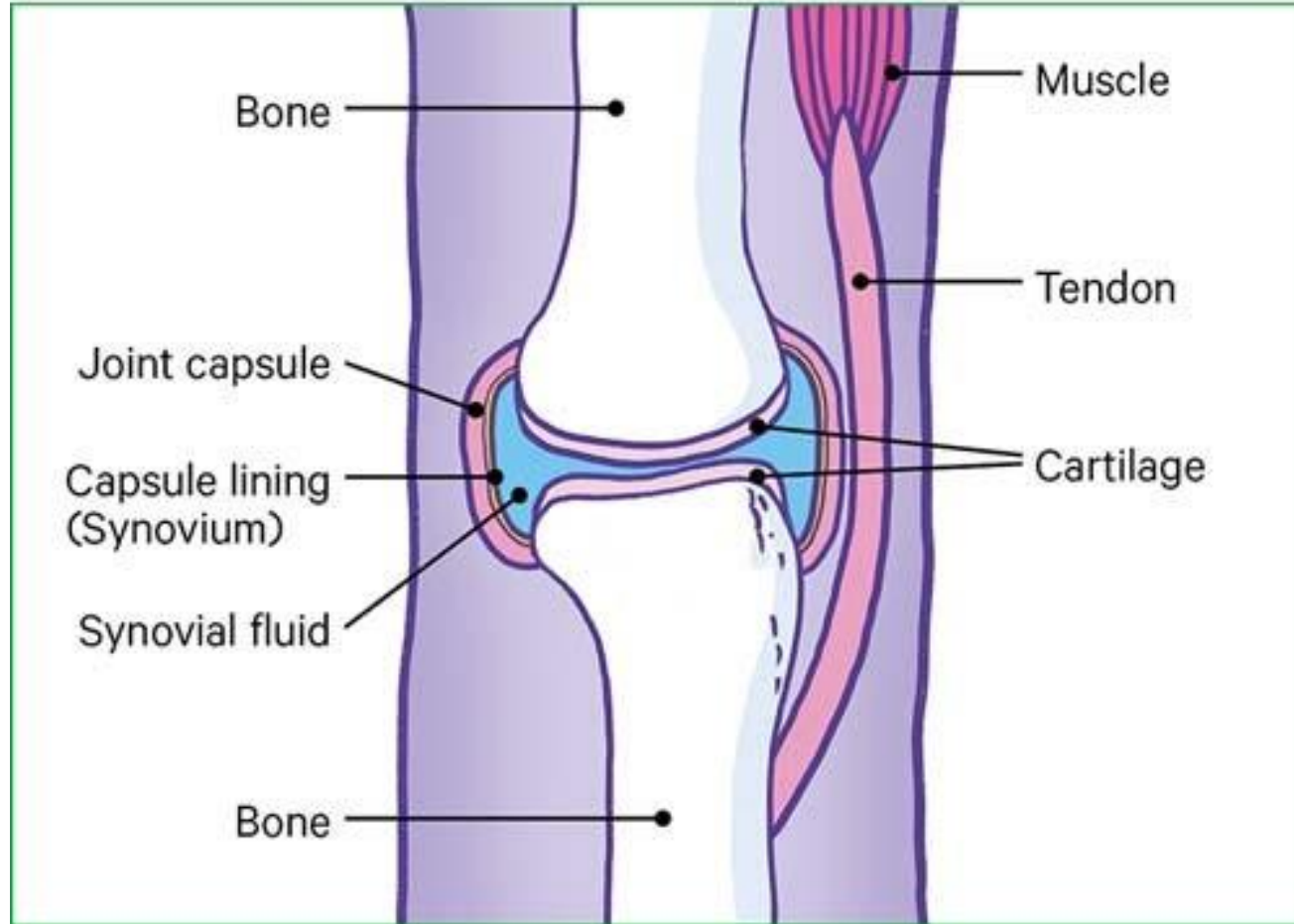
There is currently no cure, but treatments have improved greatly and with the right treatment and approach you can manage your symptoms.

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TYPES OF ARTHRITIS

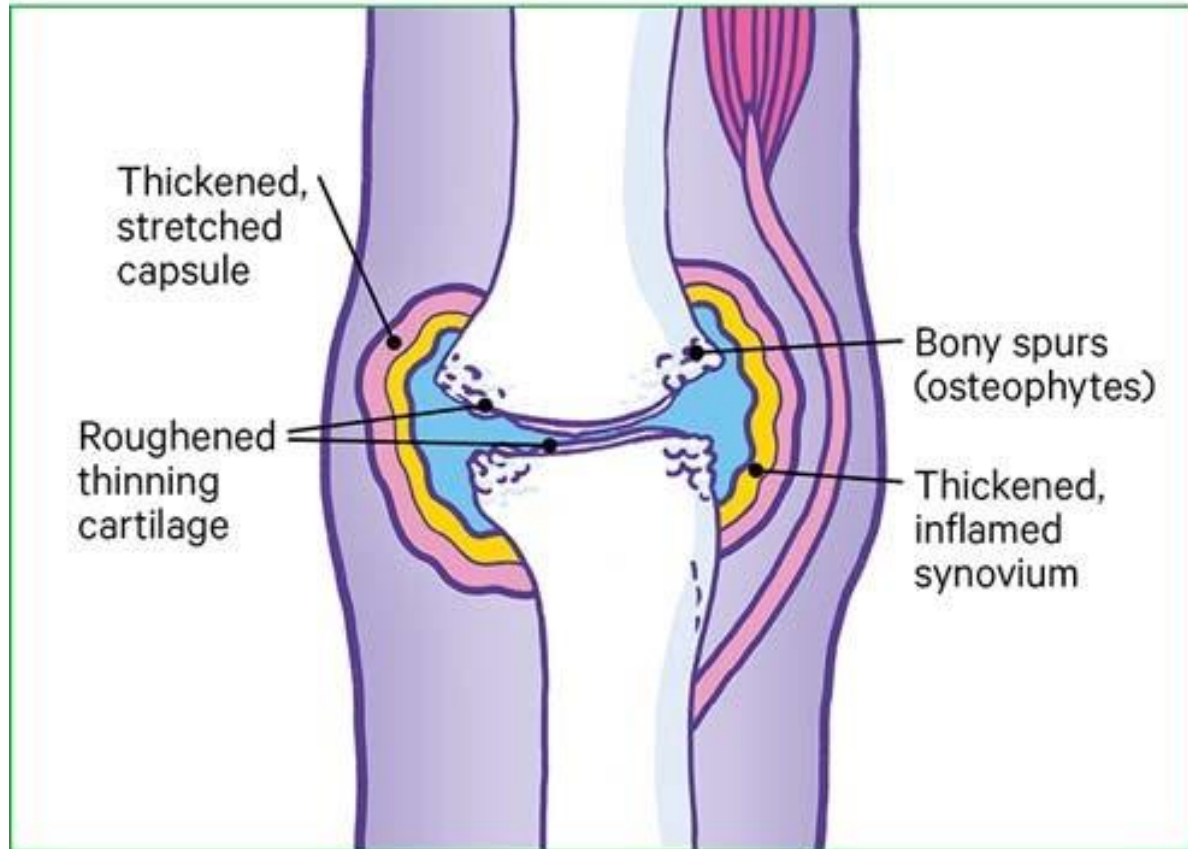
- Rheumatoid Arthritis
- Psoriatic Arthritis
- Osteoarthritis
- Fibromyalgia
- Gout & calcium crystal diseases
- Lupus
- Polymyalgia Rheumatica
- Juvenile Idiopathic arthritis

A healthy joint

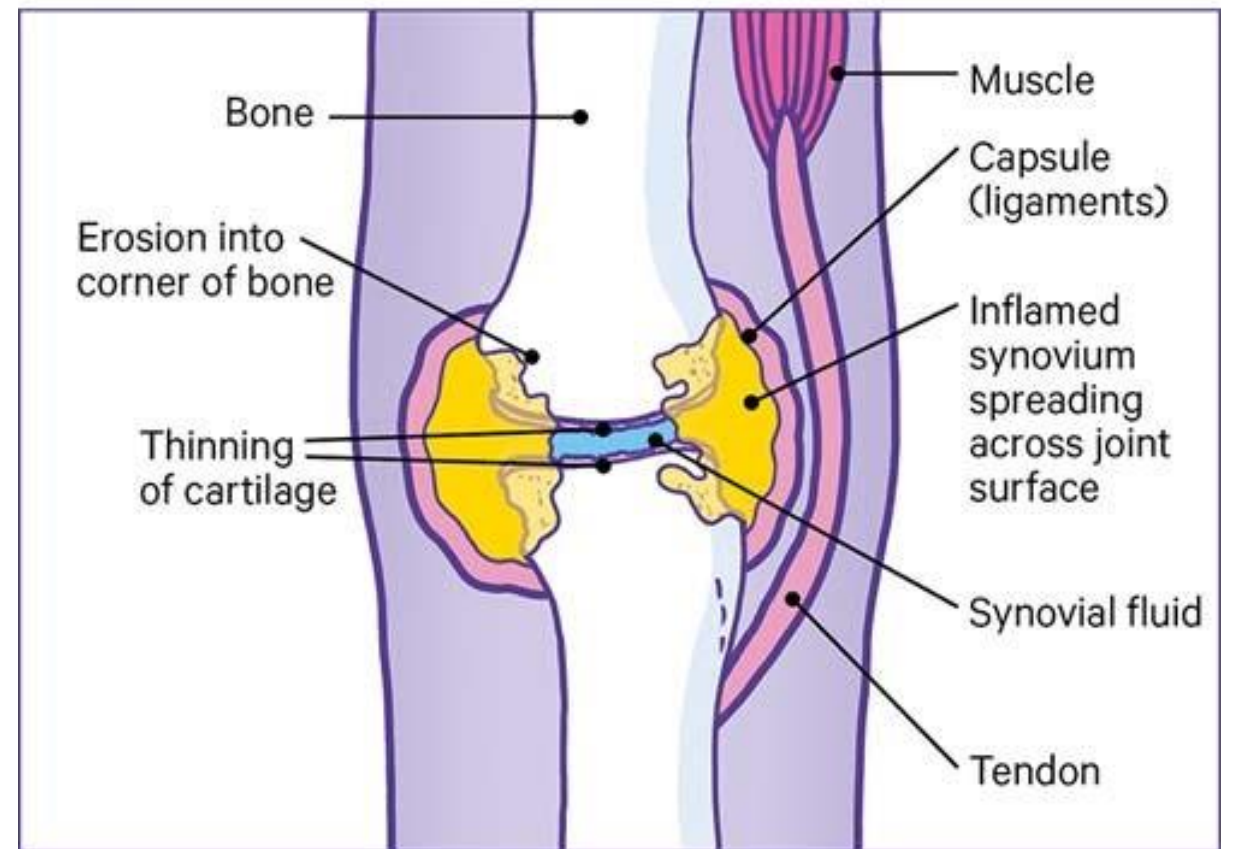


HOW JOINTS ARE AFFECTED

A joint affected by osteoarthritis



A joint affected by rheumatoid arthritis



COMMON SYMPTOMS

Symptoms you experience will vary depending on the type you have. You should get an accurate diagnosis if you have:

- Joint pain, tenderness and stiffness
- Inflammation in and around the joints
- Restricted movement of the joints
- Warm red skin over the affected joint
- Weakness and muscle wasting
- Systemic symptoms- weight loss, fever, fatigue, rash, more associated with IA

UNDERSTANDING ARTHRITIS - DISPELLING THE MYTHS

Q1. How many people in the UK are affected by Arthritis and related (MSK) conditions?

- a. 10 million** affected by Musculoskeletal conditions
- b. 15.4 million** affected by Musculoskeletal conditions
- c. 20.3 million** affected by Musculoskeletal conditions



UNDERSTANDING ARTHRITIS - DISPELLING THE MYTHS

Q1, Answer C.

Over 20 million people in the UK

(around a third of the population) live with a MSK condition, such as arthritis and low back pain



UNDERSTANDING ARTHRITIS - DISPELLING THE MYTHS

Q 3. In 2022, an estimated 185.6 million working days were lost due to sickness absence. What % was due to Musculoskeletal (MSK) conditions?

- a. 9.8%**
- b. 11%**
- c. 26.9%**



UNDERSTANDING ARTHRITIS - DISPELLING THE MYTHS

Q3, Answer B, 11%

Breakdown:

- Minor Illnesses-29%
- MSK-11%
- Other (Including accidents, diabetes and Covid-19)- 24%

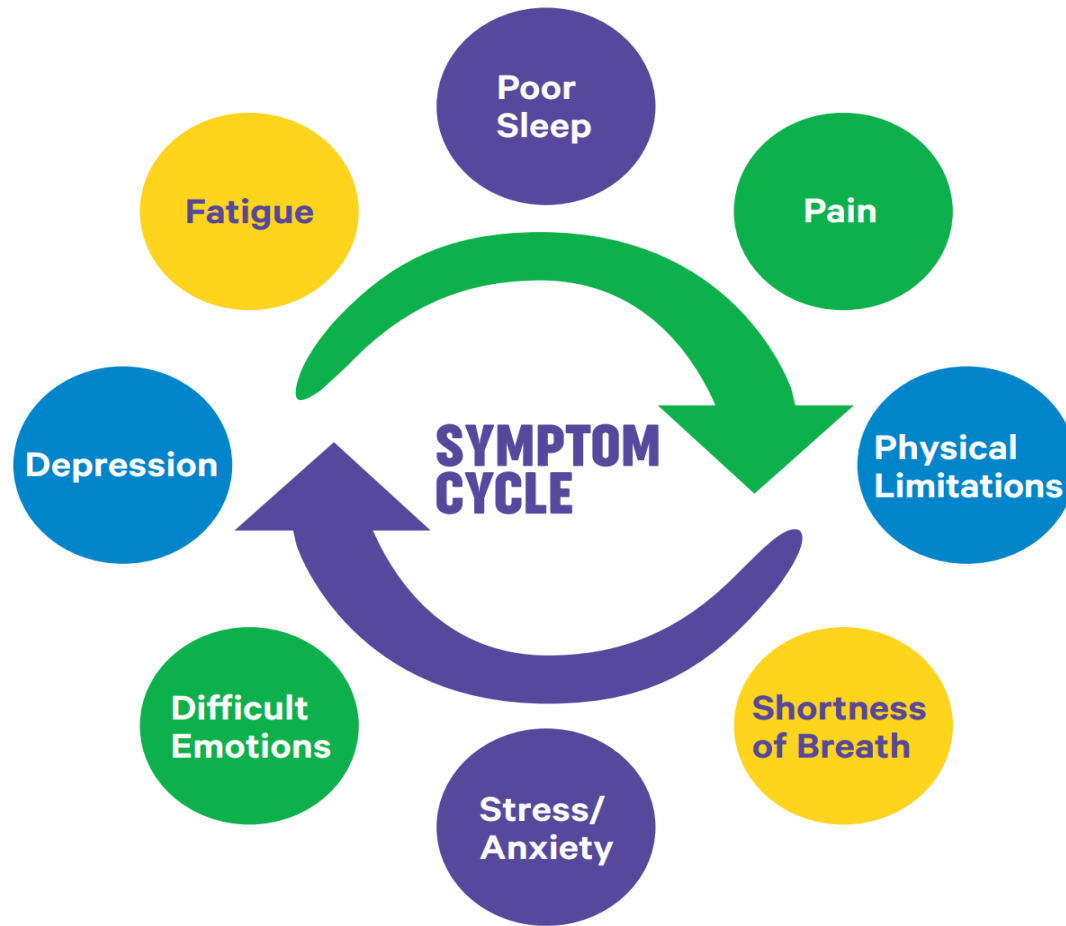


DISPELLING THE MYTHS-

*"PEOPLE WITH ARTHRITIS CAN'T
EXERCISE"*

**WHAT HAPPENS
WHEN YOU
EXERCISE?**

THE PAIN/SYMPTOM CYCLE



The Pain / Symptom cycle

Have you noticed how the below all contribute?:

- Stress
- Anxiety
- Difficult Emotions
- Depression

We know all elements can affect your:

- Relationships
- Work
- Social life
- Finances

THE STATE OF MSK HEALTH (2024)

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Differences between men and women

Osteoarthritis in the UK



6M
Women



4M
Men

MSK conditions

11.6M

women
of all ages

35%

have an MSK
condition

8.7M

men of
all ages

28%

have an MSK
condition

Chronic pain

38%

of women

have chronic pain
in England

30%

of men

14%

of women

have high-impact
chronic pain

9%

of men

THE STATE OF MSK HEALTH (2024)

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Arthritis, MSK conditions and wider health



6 IN 10

adults in the UK
have overweight
body weight or
obesity.



7 IN 10

(70%) adults 16+ with a
long-term MSK condition
have overweight body
weight or obesity.



54%

of adults in
England with class
3 obesity report
chronic pain.

The risk of developing
osteoarthritis increases by:

**1% FOR EACH
1KG/M²
INCREASE IN BMI**



1 IN 4

with psoriatic
arthritis have
obesity.

The risk of developing
osteoarthritis increases by:

**3% FOR EVERY 5CM
INCREASE IN WAIST
CIRCUMFERENCE**



THE STATE OF MSK HEALTH (2024)

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Regular physical activity reduces
people's risk of MSK conditions



6%

reduced hip and knee
osteoarthritis pain



25%

reduced joint and
back pain



75%

reduced falls



24%

reduced hip fractures



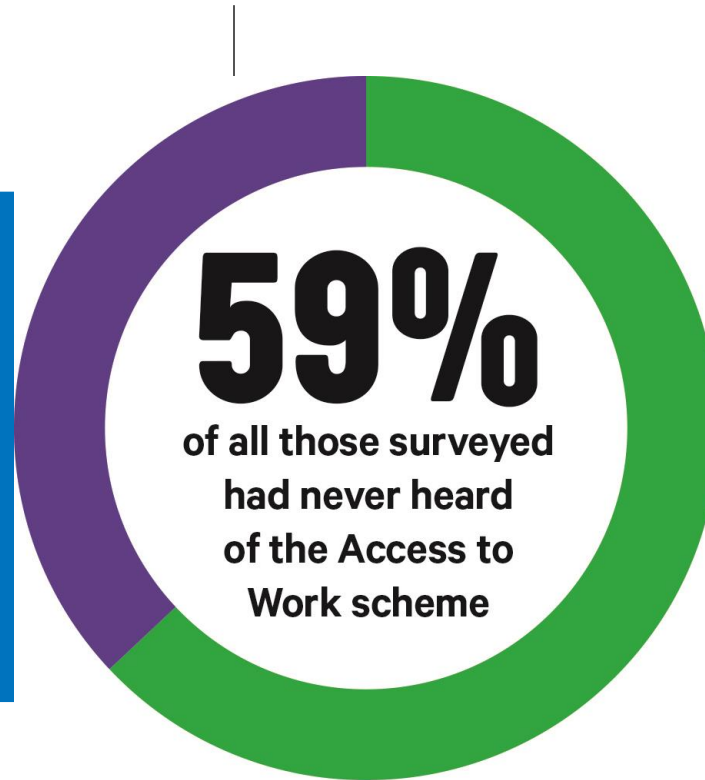
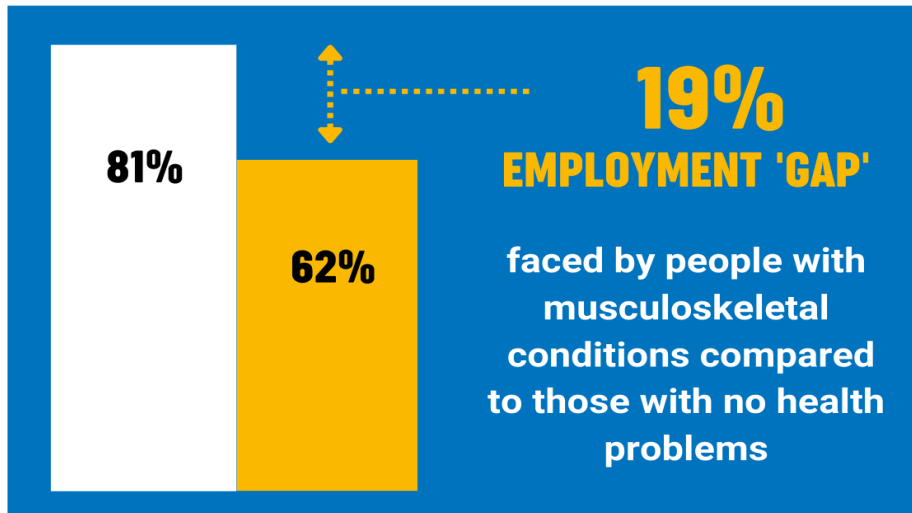
25%

reduced depression

ARTHRITIS AND WORK

Over half of people (53%) we surveyed with MSK conditions say their symptoms have a negative impact on work.

Disability Pay Gap - Analysis conducted by the Office for National Statistics found that in 2018 people with a MSK condition were, on average, earning 9.5% less than their non-disabled counterparts.



SELF-MANAGEMENT TOOLBOX

PAIN SELF-MANAGEMENT TOOLBOX



- | | |
|--------------------------|-------------------------------------|
| ✓ Physical Activity | ✓ Using Your Mind |
| ✓ Medications | ✓ Sleep |
| ✓ Decision Making | ✓ Communication |
| ✓ Action Planning | ✓ Healthy Eating |
| ✓ Breathing Techniques | ✓ Weight Management |
| ✓ Understanding Emotions | ✓ Working with Health Professionals |
| ✓ Problem Solving | |

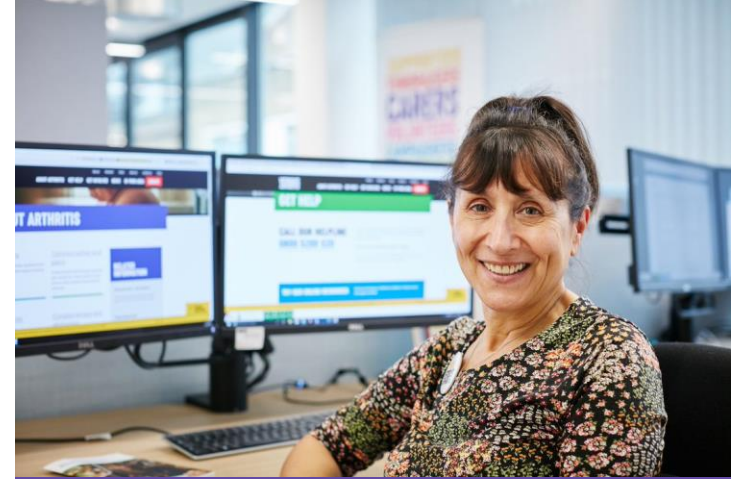
What is the toolbox?:

- Tools to target the pain cycle's real-life impacts on all elements of our lives
- Routine use for improved ability to manage pain and its wider impacts on daily life

VERSUS ARTHRITIS SUPPORT & RESOURCES

- Helpline 0800 5200 520 (Monday – Friday, 9am – 6pm)
- Self Management Courses
- Information & Support Talks
- Community Networks
- Activity Groups
- Information Hubs

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VERSUS ARTHRITIS SUPPORT & RESOURCES

- Website: www.versusarthritis.org & AVA
- Online community
- Information Booklets & Exercise Sheets
- YouTube – exercise and movement videos
- Online Shop
- Facebook
- Partners

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**LET'S MOVE
WITH LEON**

OTHER SUPPORT & RESOURCES

- www.tamethebeast.org
- www.flippinpain.co.uk
- www.painuk.org
- www.weareundefeatable.co.uk
- Local support

Guides that help:

- [Eatwell Guide - Food and nutrition | NHS inform](#)
- [Sleep problems and insomnia self-help guide | NHS inform](#)
- [Chronic pain self-help guide | NHS inform](#)

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EXAMPLES OF OUR RESEARCH

We want research to make arthritis preventable, manageable, and treatable. Research needs to be making a bigger difference to people's lives, quicker. So people don't live with the pain, fatigue and isolation of arthritis.

HOPE-c study is aiming to answer the following questions:

- Are there different patterns of pain in hand OA?
- Can we identify factors which predict the future course of pain in hand osteoarthritis?
- Why do some people experience flares but not others?
- How does a flare impact on a person's life?

Hand OA is more common in women and its frequency increases as people age, with a peak in new cases around the **menopause** (when estrogen levels fall).

We also know that sex hormones influence how both men and women sense pain. This suggests that these hormones (such as estrogen and testosterone) may be important in the development of hand OA.

GENERAL PRACTITIONERS
SURGEONS
PHARMACISTS
PODIATRISTS
RHEUMATOLOGISTS
PHYSIOTHERAPISTS
NURSES
OSTEOPATHS
OCCUPATIONAL THERAPISTS
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PROFESSIONAL ENGAGEMENT

SCOTLAND

We Engage

- We build a connected, well-informed community; sharing good practice across specialties and all four Nations.

We Educate

- We support the professional development, training and education of health, care and workplace professionals.

We Inspire

- We work with clinical and commissioning leaders along with our policy colleagues to influence local and national health and care environments.

WE ENGAGE: PROFESSIONAL NETWORK

The Versus Arthritis Professional Network is made up of 10,000 healthcare professionals.

If you're not already a member sign up to receive:

- Quarterly editions of Network News
- Occasional spotlight editions on specific areas of work
- Information about our upcoming training (and get a discount code!)

Professional network - [Professional Network sign up - Step 1](#)

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**Coming 16th June— our new
Professional Advisory Community
Launch.**

NETWORK

Pathway Through Arthritis - a unique digital treatment programme

**PATHWAY
THROUGH
ARTHRITIS**

Developed by Wellmind Health and Versus Arthritis, Pathway Through Arthritis gives a flexible approach to supporting people with arthritis through the practice of clinically employed techniques.



Wellmind Health

You can find out more about the programme [here](#).

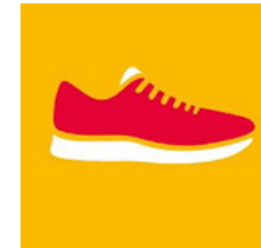
BSR new guideline for Sjogren disease

The British Society for Rheumatology (BSR) launches a new guideline for Sjogren disease. [You can read the new guideline here](#).



**British Society for
Rheumatology**

We Are Undefeatable: 'Big Talk' Consultation: The full report



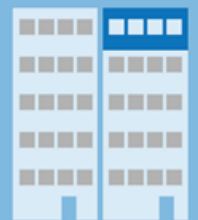
Read more about the latest report from We Are Undefeatable: Understanding how to support people with long term health conditions to become more physically active.

[Read the report here](#).

Workplace Health Development at Versus Arthritis

Supporting people with arthritis and MSK conditions to stay in or return to work is a priority. With the help of research partners and our surveys we aim to understand and address the barriers.

[Read the latest news from Workplace Health Development here](#).



People with arthritis are
20% LESS LIKELY
to be in work than someone
without arthritis⁷

HEALTH INFORMATION VIDEOS, BOOKLETS AND EXERCISE SHEETS

<https://www.versusarthritis.org/order-our-information/>

<https://www.versusarthritis.org/about-arthritis/conditions/>

Drug information
Methotrexate

METHOTREXATE

is used to treat a number of conditions, including rheumatoid arthritis, psoriatic arthritis, vasculitis and juvenile idiopathic arthritis

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ABOUT ARTHRITIS GET HELP GET INVOLVED NEWS IN YOUR AREA

RHEUMATOID ARTHRITIS (RA)

What is rheumatoid arthritis?

Symptoms

Causes

How will rheumatoid arthritis affect me?

Diagnosis

Treatment

Managing symptoms

Living with rheumatoid arthritis

Research and new developments

Keri's story

GET HELP

WATCH OUR VIDEO ABOUT WHAT RHEUMATOID ARTHRITIS IS

What is rheumatoid arthritis?

Muscle

Capsule and ligament

Synovium

Synovial fluid

Cartilage

Watch on YouTube

Fibromyalgia



Information and exercise sheet

OSTEOARTHRITIS

If you have osteoarthritis, it might be tempting to avoid using joints that are painful. However, exercise is important, as it keeps your joints working properly and can improve your pain. This sheet has examples of two different types of exercise you can do to help your joints – stretching and strengthening exercises. Stretching exercises maintain and improve the range of movement of your joints. Strengthening exercises build up your muscles, which can take pressure off your joints and reduce pain. Swimming, cycling and walking, which are low impact, are good for people

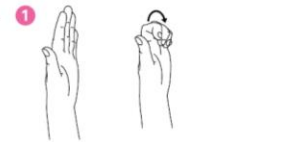
with osteoarthritis too. Many people worry that exercise will make their pain worse. Try to think about times of the day when you feel better, and do some exercise then. If you take pain medication, time exercise around this. It's ok to take a painkiller before you start. It might feel uncomfortable while you're exercising, but this doesn't mean that you're causing any damage. You might feel stiff and achy the next day, but don't let this put you off – this should get better after a few days, and will happen less as your body gets used to exercise.

Exercises

Many people find the following exercises helpful. If you need to, adjust the position so that it's comfortable. Try to do these exercises regularly. Do each one a few times to start with, to get used to them, and gradually increase how much you do.

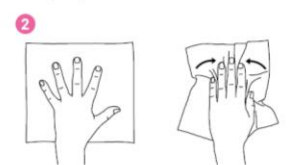
1. Finger bend

Hold your hand out, with your fingers straight. Then bend the fingers down at the first two joints and straighten again. Try to repeat this 10 times with each hand, 3 times a day.



2. Finger strengthening

Put the palm of your hand on a towel on a table, with your fingers apart. Pull your fingers together while pushing your hand down into the table, bunching up the towel between your fingers. Try to repeat this 10 times with each hand, 3 times a day.



3. Arm lifts

Place your hands behind your head so your elbows are pointing to the sides and pressed back as far as you can. Hold for five seconds. Then place your hands behind your back, again keeping your elbows pointing out and pressed back as far as you can. Hold for five seconds. Do each movement five times.



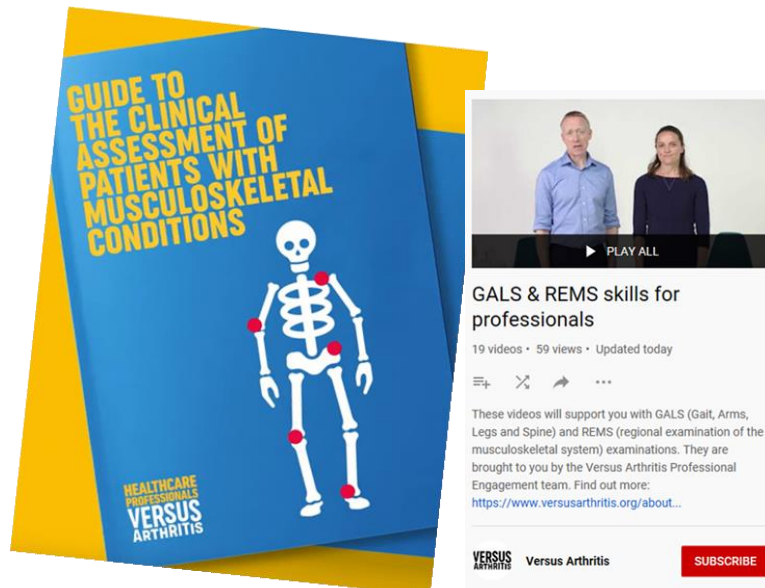
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WE EDUCATE

We provide [Training courses for healthcare professionals \(versusarthritis.org\)](https://versusarthritis.org) and **education resources** for healthcare professionals to increase their **knowledge** and **confidence** to enable them to deliver excellent MSK care.

Our **Core Skills in MSK programme**, delivery of **webinars** and through our **clinical assessment guides** and **examination videos**.

[Versus Arthritis: Guide to the clinical assessment of patients with MSK conditions](https://versusarthritis.org)



Training courses- e.g.

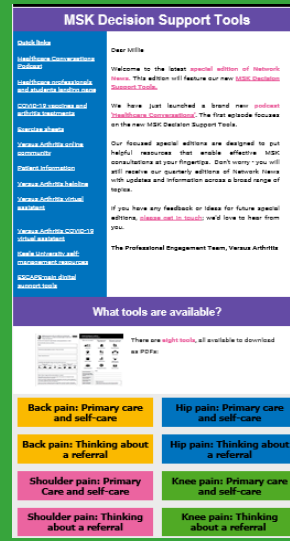
- Is it Fibromyalgia or Inflammatory Arthritis?
- Managing Chronic Pain in Primary Care
- MSK Core Skills- full day workshop- 7 CPD
- MSK Bitesize
- MSK Core Skills – E Learning -8 CPD

The Core Skills workshop focuses on developing the practical skills required in a typical 10-minute GP consultation. The workshop provides a supportive environment for primary healthcare professionals to develop confidence and skills in the diagnosis, treatment and management of patients with MSK conditions.

In a recent external evaluation the net promoter score for the workshops was 93.5, regarded as world class and 99% of participants said the training met their learning needs.

Tools & resources
e.g.

DST
MSK Impact Toolkit
GALS & REMS



UK DELIVERY PARTNERSHIP OFFER

4 PARTNERSHIP LEVELS

- Our UK Delivery strategy incorporates **four distinct Partnership Levels**. These levels are specifically designed to:
 - **Effectively support underserved communities.**
 - **Avoid duplicating existing services and support networks.**

We are currently in the process of **piloting and refining** these operational frameworks to ensure maximum impact and efficiency.



4 PARTNERSHIP LEVELS

- **Level 1** – Partners refer into our services or hold our health information
- **Level 2** – We partner with target local community organisations to deliver multiple sessions for pwa in exchange for a free venue or other GIK
- **Level 3** – We deliver Introduction to Arthritis sessions to partner organisations to give them an understanding of VA services and to support them to refer into our services
- **Level 4** – We train partners to deliver VA services



LEVEL 1 PARTNERSHIPS : REFERRAL & INFORMATION

What it entails:

Partners actively refer individuals to our services and/or distribute our health information materials.

Who can be a Level 1 Partner:

Anyone can participate at this level by holding our health information or referring into our services.

Examples of Level 1 Partners include:

Local GP surgeries, hospitals, libraries, and community groups.

LEVEL 2 PARTNERSHIPS: COLLABORATIVE COMMUNITY SESSIONS

What it entails:

We partner with targeted local community organizations to deliver multiple sessions for people with arthritis (PWA), often in exchange for a free venue or other Gifts in Kind (GIK).

Our prioritisation:

We prioritize targeting communities and groups most at risk of arthritis, based on insights from our "State of MSK" report.

Examples of targeted partners include:

Organisations in areas of deprivation, groups supporting individuals experiencing deprivation, ethnic minority support groups, groups supporting various age demographics, or those focusing on weight management.

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LEVEL 3 PARTNERSHIPS:

INTRODUCTION TO ARTHRITIS" UPSKILLING

What it entails:

We deliver "Introduction to Arthritis" sessions to partner organizations. These sessions are designed to enhance their understanding of VA services and improve their ability to refer individuals to our support. This is focused on upskilling, not formal training.

Who can participate:

These sessions are open to anyone who directly or indirectly supports people with arthritis. However, Healthcare Professionals (HCPs) should still be referred to our Professional Engagement programs.

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LEVEL 4 PARTNERSHIPS: PARTNER-LED SERVICE DELIVERY

What it entails:

We train qualified partners to independently deliver VA services within their communities.

Who can participate:

This level is open to local community groups that meet criteria identified in our "State of MSK" report.

Training and Support:

Partners receive training in our Information and Support Talks, with the potential to progress to Self-Management training. They sign a Letter of Understanding and are offered full training, opportunities for reflective practice, and collaborative meetings. They also provide attendance numbers and encourage participants to complete our surveys..

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HOW YOU CAN HELP

Here's how you can help strengthen our UK Delivery efforts:

Level 1:

Work with us to get local organisations sharing our information and signposting into our services

Level 2:

We can deliver sessions to local groups that support people with MSK in return for a free venue



HOW YOU CAN HELP

Level 3:

We provide "Introduction to Arthritis" sessions to community groups and partners in your area to help them understand our services

Level 4:

Utilize your local knowledge to nominate partners who meet our criteria to your Regional Officer in order for the partner to receive free training in Versus Arthritis services



AND FINALLY

Any questions?

Handouts and feedback forms

Thank you for attending today

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