



RA Models of Care Factsheet

- The Global RA Network’s definition of a RA model of care includes five key elements during the patient’s disease journey:
 - 1) **RA Patients recognize symptoms and seek care** – Patients must understand that this is not “just arthritis.”
 - 2) **Access to specialist care** – Early identification, assessment and referral to appropriate specialists are essential steps in proper RA management.
 - 3) **Medical management** – The management of RA is complex and requires constant monitoring with a specialist to ensure effectiveness.
 - 4) **Shared care** – Treatment decisions must be made through agreement between the patient and the health care team, and there must be adherence to the treatment regime, including appropriate lifestyle changes.
 - 5) **RA patient self-care** – The patient must be fully educated about their medical conditions and the importance of adherence to the treatment regime.
- Meeting all five elements will create a pathway of care, from prevention, diagnosis, treatment and management, to ensure the RA patient has access to the right care provider, at the right time in the care path.