



RA Models of Care Toolkit

Patient self care

Wellness and lifestyle (Box 13)

1) Arthritis Consumer Experts – “Arthritis ID for iPhone and iPad: “Arthritis Manager “

<https://itunes.apple.com/us/app/arthritisid/id457961189?ls=1&mt=8>

2) Arthritis Consumer Experts: “Arthritis in the workplace”

<https://jointhehealth.org/programs-bestarthritisworkplaces.cfm?locale=en-CA>

3) Arthritis Consumer Experts - Depression as a symptom of arthritis: treatment, coping strategies, and support

<https://jointhehealth.org/programs-jhinsight-view.cfm?id=107&locale=en-CA>

4) “Medication adherence and persistence in patients with rheumatoid arthritis, psoriasis, and psoriatic arthritis: a systematic literature review”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110273/>

5) Arthritis Research Canada: “Exploring strategies to support medication adherence in patients with inflammatory arthritis: a patient-oriented qualitative study using an interactive focus group activity”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6179243/>

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6) Arthritis Research Canada: “Risk of preterm delivery and small-for-gestational-age births in women with autoimmune disease using biologics before or during pregnancy: A population-based cohort study”

https://www.researchgate.net/publication/323503257_Risk_of_preterm_delivery_and_small-for-gestational-age_births_in_women_with_autoimmune_disease_using_biologics_before_or_during_pregnancy_A_population-based_cohort_study

7) EULAR: “Inflammation in rheumatoid arthritis results in shortened lifespan”

<https://promotions.bmj.com/ardsummaries/2016/05/13/inflammation-in-rheumatoid-arthritis-results-in-shortened-lifespan/#more-587>

8) EULAR: “Inflammation raises the risk of heart attack and stroke in people with rheumatoid arthritis”

<https://promotions.bmj.com/ardsummaries/2016/02/15/inflammation-raises-the-risk-of-heart-attack-and-stroke-in-people-with-rheumatoid-arthritis/#more-606>

9) EULAR evidence-based recommendations for cardiovascular risk management in patients with rheumatoid arthritis and other forms of inflammatory arthritis

<https://ard.bmj.com/content/69/2/325>

10) EULAR: “Smoking may cause worsening of disease in rheumatoid arthritis”

<https://promotions.bmj.com/ardsummaries/2015/08/01/smoking-may-cause-worsening-of-disease-in-rheumatoid-arthritis/#more-542>