

Arthritis Council Workgroup: Healthcare Provider Counseling About PA and Referral to AAEBIs Workgroup (Strategy 2) Call Summary

Thursday, February 6, 2024
2:00 p.m. ET

States in attendance: IA, MI, MN, NC, NH, OK, VA, VT, WV

Additional attendees: CDC, NACDD, OAAA

Facilitator/Moderator: Dr. Adam Burch, New Hampshire and Dr. Joy Doll, Iowa

Resources: February 6th [slide deck](#)

Workgroup overview

This Arthritis Council workgroup is open to states and national partners who want to discuss the screening/counseling/referral of individuals with arthritis and the efforts to increase healthcare providers counseling on physical activity to reduce arthritis pain, and referrals by those providers to evidence-based interventions. Participants are encouraged to share successes, challenges, barriers and invited to discuss opportunities to facilitate success towards strategy 2.

Opportunities for collaboration and state sharing

Conversation and collaboration around strategy 2 efforts is encouraged through the Action on Arthritis Engage platform. Start [here](#) and see what your colleagues are saying. Questions and responses are encouraged. Reach out to arthritis@chronicdisease.org for questions about the Engage platform.

Statewide strategy 2 work: overall themes

- Focus on arthritis as chronic disease and co-occurring conditions
- Strong partnerships
- Employee engagement programming
- Desire to partner with healthcare
- Organizations need support with business and sustainability planning

Statewide strategy 2 noted gaps/needs

- Sustainability
- Business planning
- Landscape of EHRs
- Strategies for e-referral
- Healthcare partnerships

Debrief from last session on workflows – what was helpful and what did you learn?

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- Having a template was helpful and states used this to identify gaps and needs using templates!
- Patients are coming in with multiple conditions, yet knee/hip alert workflow doesn't always get triggered unless knee/hip is primary complaint.
- Borrow every good idea that comes from the other chronic disease programs in your state and other states. No need to reinvent the wheel!

Who are you partnering with that you consider as a clinical linkage?

- Area Agencies on Aging (AAA)
- Fall Prevention Coalitions
- YMCA's
- Community Care Hubs
- Healthcare Associations
- Hospitals
- Community Health Teams
- Local public health
- Consider partnering with state Opioid Response Work, Overdose Data to Action, Naloxone Saturation Policy Workgroups, and even Prescription Drug Monitoring Programs – these groups share the goal of reducing dependence on opioids and the single largest reason for long-term prescriptions is arthritis.

Where is healthcare provided?

The U.S. health system is a mix of public and private, for-profit and nonprofit insurers and healthcare providers

- Accountable Care Organizations
- Academic Health Systems
- Federal Health Systems
- Hospitals
- Primary Care Clinics
- Federally Qualified Health Centers (FQHC)
- Skilled Nursing Facilities
- Continuous Care Retirement Clinics
- Critical Access Hospitals
- Home Health
- Palliative and Hospice Care
- Pharmacies
- Outpatient services
- Community-based organizations
- Caregiving

Discussion – Where do we get referrals, who are your healthcare partners, and what tools are they using?



Note-public health is part of healthcare!

Who do you talk to, what do you share, when do you implement. where does it fit? and how do we implement?

North Carolina:

- ECU Health– North Carolina shared that they started with a falls prevention champion who was excited about arthritis work and getting referrals. This led to introduction to clinical manager and eventually EHR team. Arthritis Team presented to board and discussed PAVS and alert system to flag patients based on screening results.

Iowa:

- Iowa explained how our role is to educate healthcare providers! Iowa team shared that they approach healthcare providers by knowing their needs, pain points, activities that they are engaged in, hobbies, PA interests, and other opportunities to make a personal connection b/w champion and PA! Team mentioned looking at Grand Rounds and who is on the podium at local wellness seminars! Note, Healthcare provider social circles are relatively small too. Once you find 1 at a facility, they probably know like-minded folks at other facilities.

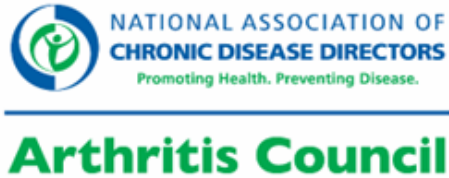
New Hampshire:

- New Hampshire shared how it's super important to show the value of arthritis, the value of the work the arthritis team does, and the impact of state work. This means focusing on overall impact data and showing this data to clinicians. TA needs: how do we use evaluation to help prove our impact? How do you use the data to sell the value and put together a pitch deck for healthcare providers.

Minnesota:

- Minnesota team shared that Arthritis Team is facilitating a webinar in March 2025 for a group that provides certification to primary care clinics. The team is presenting on Exercise is Medicine and Physical Activity Vital Sign. Workgroup suggested focusing on evidence-based programs and focusing on tools and resources that can help clinician and healthcare provider understand how they can extend services beyond clinical visit. Workgroup shared presenting on Medscape CPA using [fact sheets](#) and using notes from [December 2024 Workgroup](#).

The workgroup discussed the opportunity to use passive education to engage healthcare providers in a discussion about self-management programs. Example: include informational posters on doors or walls of exam rooms (or restrooms) with



QR codes for more information. Patients see information and engage healthcare provider in conversation.

Future topics

- Partnering arthritis and self-management programs that address pain with state opioid response work
- How to use data to sell the value of arthritis to healthcare providers. What should be included in marketing pitch deck for healthcare providers?

Next meeting is 3/6/24 at 2:00 p.m. ET [Registration](#)

1:1 TA - Joy Doll and Joann Donnelly will be reaching out to schedule 1:1 TA calls with interested CDC-funded arthritis states!