

Patient information

Inflammatory Arthritis (IA) Education Programme

Therapies Speciality

Introduction

This programme can be helpful in assisting you to manage your arthritis effectively, through greater understanding of your condition and increasing your awareness of the support available. We offer a three week programme in a group setting which consists of a series of short talks from the Multidisciplinary Team and group discussions.

What are the aims of this programme?

- To increase your understanding of inflammatory arthritis.
- To enhance your confidence in managing your condition.
- To have an awareness of the role of the multidisciplinary team in the management of inflammatory arthritis.
- To discuss and explore various coping strategies to enable self-management of your inflammatory arthritis including:
 - pain management
 - medicines management
 - footcare
 - joint protection
 - benefits of exercise
 - sleep and relaxation.

What does the programme entail?

Three sessions with key speakers as listed below:

- Week 1: Occupational Therapy.
- Week 2: Rheumatology Nurses/Podiatry.
- Week 3: Physiotherapy.

(Please note the order of this may vary)

What do I need to bring?

Water is provided, however you are welcome to bring your own refreshments.

Attendance

In order to gain maximum benefit from the programme we consider it to be beneficial to attend all three of the sessions, if possible.

The programme may be held in the therapy gym at the Royal Liverpool University Hospital or therapy gym at Alexandra wing Broadgreen Hospital. This will be confirmed by your therapist and further detail will follow nearer the time of the programme.

If you are unable to attend the programme please contact the department

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

If you have any further questions about any of the above or would like to discuss in more detail, please ask your Therapist for more information.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Therapies Department

Tel: 0151 706 2760

Text phone number: 18001 0151 706 2760

Arthritis Care

Helpline Tel number: 0808 800 4050

www.arthritiscare.org.uk

Arthritis Research UK

Tel number: 0300 790 0400

www.arthritisresearchuk.org

National Rheumatoid Arthritis Society (NRAS)

Freephone Tel number: 0800 298 7650

www.nras.org.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی له لایمن تراستهوه پسمند کراون، نهگمر داوا بکرنیت له فورماتیکانی تردا بریتی له زمانهکائی تر، نیزی رید (هاسان خویندنهوه)، چاپی گموره، شریتی دنگ، هیللی موون و نلیکترونیککی هیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.