STATE ADVISORY COUNCIL ON HEALTH AND
WELLNESS: ARTHRITIS COMMITTEE
CALL MEETING MINUTES
April 1, 2019
1:00 pm

Maryland Department of Health

201 West Preston St, Room 300
Baltimore, MD 21201

Committee Members Present
Rachel Pigott (co-chair)
Margaret Gwaltney
Donna Nordstrom
Linda Kline
Margaret Gwaltney

Committee Members Absent
Jody Marshall (co-chair)
Rebecca Manno

Committee Staff Present
Erin Ashinghurst

Minutes respectfully submitted by: Erin Ashinghurst

Introductions
- The meeting was called to order at 1:06 pm.
- The group reviewed the objective for the meeting: Specify objective measurements and tasks within the action plan

Committee Goal Statements
- The Committee reviewed the goal statements and decided on the following:
  - A - By 2019, develop and implement a 5-year action plan to initiate, sustain, and expand availability of selected Arthritis Appropriate Evidence Based Intervention (AAEBI's) using evidence-based dissemination strategies.

  - B - By 2022, increase by 5-10% the number of evidence-based programs for arthritis prevention and management in the community, targeting people of all ages.

  - C - By 2020, increase by XX percent the number of health practitioner referrals to evidence-based programs for arthritis prevention and management in the community by XX percent.

o D) By 2020, increase by XX percent the numbers (percent) of adults [in high burden communities/groups] with arthritis participating in evidence-based programs.

Discussion

- Ms. Pigott presented instructions for use of Arthritis Committee team drive. This Shared Arthritis Committee Drive contains the working committee action plan located in the working documents folder.
- Goals A and B are completed by the group.
- Part of the action plan includes gathering baseline data on arthritis, and strategies include linking with the health systems that provide Stanford programs to track referrals and completers of the Chronic Pain and Falls Prevention Programs.
- Maintaining Active Citizens does inquire about patient barriers to program intake and completion, but receives fewer referrals from physicians than from care coordinators. The group considered a new goal to coordinate with primary care doctors and increase provider referral to evidence-based chronic disease management programs.
- Electronic Health Records - Health education is an important factor to facilitate healthcare referrals. Maintaining Active Citizens has added a referral template to facilitate referral processes. Health systems across the state utilize different health data collection systems. However, the Living Well Center for Excellence does track referrals and completers. The Living Well Center for Excellence provides a bi-monthly data report to Maintaining Active Citizens.
- The group would like to add specific integrated health goal under Objective B to include taichi and yoga for arthritis. Language considered, "Identify and expand inclusive/integrated health programs available for Maryland residents with arthritis".
- The group would like to identify which evidence based applications are accessible.
- The group recalled an attempt to develop and disseminate a newsletter to educate people on arthritis resources and considered gathering information from the physician state licensure department to capture an audience of nurses, primary care doctors, and people with arthritis.
- Members of the group inquired if the Maryland Department of Health has a direct contact with the Arthritis Foundation.
- The team determined to add percentages (5-10%) as the measures for objectives C and D.

Next Steps

- Before April 12, 2019 members should open the Committee Action Plan template and write your name next to 2 or 3 strategies to lead and determine assets and appropriate resources to allocate to each strategy.

Adjournment

- The next in-person Wellness Council meeting will occur on April 17, 2019 at the Maryland Department of Health.
- The next conference call will occur on Friday, April 12 at 1:00 pm.
- The meeting was adjourned at 1:55 pm.