

ARTHRITIS COMMITTEE MEETING MINUTES

August 19, 2020

5:00 – 6:00 pm

Committee Members Present

Rachel Pigott (Chair)

Meg Gwaltney

Kelsie Shannon

Committee Members Absent

Linda Kline

Dr. Sumit Bassi

Maryland Department of Health Staff Present

Olubukola Alonge

1. Roll Call/ Approval of minutes for July 15, 2020 meeting

Rachel called the meeting to order at 5:05 pm with a roll call and welcome. Kelsie Shannon, a new committee member was welcome and all members did an introduction. There was a quorum and the minutes for the July meeting was approved.

2. Discussion

Rachel suggested an infographic that may be incorporated into the EPIC system for the patient education resources <https://oaaction.unc.edu/files/2019/07/Patient-Handout-SM-and-Prevention.pdf>. Meg thought that though the infographic was okay, it had several critical shortcomings such as a concentration on the knee joints despite the impact of arthritis on multiple joints, implication that osteoarthritis can be alleviated by weight loss despite several causal factors, and not reflecting the different modalities of treatment for the condition.

Rachel also talked about the disability newsletter article she had written about osteoarthritis and disability. She asked the committee to review and provide feedback by 8/20/2020. We also looked at the committee action plan and discussed potentially adding a strategy revolving around gathering a list of partners to work with on dissemination strategies and other potential partnerships. Some suggested partners were AOTA, APTA, Arthritis Foundation, and the Arthritis Trainers Association.

Some topics for consideration as newsletter articles or blogs include falls and injury prevention; walk with ease program, low/ moderate intensity programs by county etc. Members were asked to volunteer and take up topics. Rachel will send out the list of topics and members were encouraged to add more topics, select topic(s) of interest, and determine audience (technical or general population). We talked about researching the PHHS fund recipients and seeing if we can integrate articles in their newsletters and

social media platforms. The committee would also like to find out which counties receiving funding from the Department of Health would be willing to share information on their reach and impact. Kelsie talked about worksite wellness and the difficulty experienced finding and disseminating health related materials. The team agreed there was a need to revise strategies and would start with the aforementioned steps. Rachel also discussed the updated work plan which would be revisited during the September meeting.

Rachel updated the committee that Dr. Afton Thomas, a rheumatologist is interested in joining the arthritis committee and the application was underway. Also, the individual who wanted to represent the Arthritis Foundation on the committee though working in Maryland lives in Virginia and her application was not approved. Meg suggested contacting Mary Bartlett, State Director of the Advocacy and Access Team of the Arthritis Foundation to see if she would be interested. There was a question about why the state does not have an arthritis plan. The need to advocate more for people living with arthritis was stressed. The committee also wanted to know what efforts related to arthritis are in the PHHS funding. The committee would like to present to the HWC in a way that the work they do connects with the efforts of the PHHS grant.

3. **Next Steps**

- Rachel will send the list of suggested topics to the committee members for feedback.
- Rachel will send the arthritis article for the disability newsletter to the committee for feedback.
- Discuss updated work plan at the next meeting.
- The committee will have the next meeting on September 16, 2020.

4. **Adjournment**

The meeting was adjourned at 6:00 pm

Next Meeting: September 16, 2020; 5-6 pm