

ARTHRITIS COMMITTEE MEETING MINUTES

November 17, 2021

5:00 – 6:00 pm

Committee Members Present

Rachel Pigott (Chair)

Erika Reymann

Dr. Afton Thomas

Committee Members Absent

Dr. Sumit Bassi

Salliann Alborn

Maryland Department of Health Staff Present

Dr. Olubukola Alonge

1. Welcome

Rachel welcomed the committee members to the meeting, No members of the public were in attendance.

2. Discussion

Rachel thanked all committee members as she summated the year in review; she was appreciative of the presentations by the Arthritis Foundation and Special Olympics as well as the HWC participation in the May Arthritis Walk for the Cure. She provided an update on the messaging requirements and the months the committee is responsible for starting in 2022 detailed below:

- a. May - Arthritis awareness month. The committee should consider disseminating messaging about the May arthritis walk for the cure event by the end of April.
- b. August - Psoriasis awareness month.
- c. October - Childhood chronic disease awareness month. Consider messaging on Juvenile arthritis and its prevalence.
- d. Messages should be sent to Jessica (HWC chair) and Kristi at least 2 weeks prior to the dissemination timeline.
- e. Once approved, messages will be shared with the HWC on basecamp for dissemination through individual and/or organizational social media platforms.
- f. #MDHWC should be added to messages in order to track reach.
- g. The plan is for each committee to have between 2-4 messages to be disseminated monthly.
- h. Seems we currently have some messages from prior creative considerations that we can use.

Rachel also shared that the dissemination of messaging through Arthritis Foundation Channels was discussed with the Executive Director, Dina Gordon who is willing to support the initiative. Rachel will follow up with her. The Maryland Health and Wellness Council communications guide was discussed with the committee. Afton and Rachel both stressed the need to set expectations in messaging, advise on the need of individuals with arthritis to take ownership of their health as drugs do not solve all, emphasize the need for shared decision making considering there is a huge psychological component in pain management, and the need for messages to increase awareness of where to access needed resources as navigation and getting patients connected remains a big issue.

Rachel stated that the arthritis files on the google drive will be moved into basecamp and the committee proceeded with discussions about the arthritis action plan. There was a question about if social media is a good strategy to reach providers and the type of information to provide to them. Afton responded that it depends on the provider's preference as she typically has a preference for sourcing materials from sources such as the American Board of Rheumatologists. Rachel also suggested that we find ways to integrate resources such as Taichi that are not medical but evidence based into created messaging. It was decided to table the work plan conversations for the December meeting with members ready to discuss the need for a new or modified objective.

3. **Next Steps**

- Continue conversations about the arthritis action plan at the December meeting.
- Rachel to move arthritis committee folder into basecamp

4. **Adjournment**

The meeting was adjourned at 5:50 pm

Next Meeting: December 15, 2021; 5:00 – 6:00 PM

Meeting ID

meet.google.com/tox-ivkv-feu

+1 260-333-9558

PIN: 839 234 668#