

## **ARTHRITIS COMMITTEE MEETING MINUTES**

**December 16, 2020**

**5:00 – 6:00 pm**

### **Committee Members Present**

Rachel Pigott (Chair)

Dr. Afton Thomas

Salliann Alborn

### **Committee Members Absent**

Linda Kline

Kelsie Shannon

Dr. Sumit Bassi

### **Maryland Department of Health Staff Present**

Olubukola Alonge

#### **1. Roll Call/ Approval of August and September meeting minutes**

Rachel called the meeting to order at 5:10 pm with a roll call.

#### **2. Discussion**

Rachel provided an update on the meeting of the committee chairs during which all chairs provided updates on their work plans. There was a discussion about the different committees working collaboratively and it seemed the work of the fitness committee on increasing physical activity aligns with our work. The chairs will be invited to our future meetings. She also provided an update on the legislative work group and informed the group about the legislative updates that will be shared with the health and wellness committee members as we move through the Maryland legislative season. She emphasized the need for members to always respond in a timely manner so quorum can be attained on needed requests. Voting will typically be open for about 24 hours and it will be helpful if members can review and respond.

The committee members agreed with suggested revisions on the work plan provided by Kristi Pier. Dr. Thomas will assist with updating the work plan prior to our next meeting and share with the team after which the updated version will be sent to Kristi for a final approval. Dr. Thomas suggested that another dissemination partner could be the Osteoarthritis Initiative (OAI) which she can get the team connected to through the Chair of her Rheumatology Department who may also know additional local groups. We discussed the goal with the various partners and the possibility of structured self-management programs. It was restated that the committee does not need to re-invent the wheel and seeking out subject matter experts will be important in our plight. During the conversation about our initial thoughts about creating infographics and our inability to do so due to a lack of funding, Dr. Thomas suggested that her brother-in-law who lives in Pittsburg is a graphic designer who may be able to help. Sally suggested creating a

resource on arthritis appropriate services such as TaiChi and aquatics by county. She also suggested professional groups such as physical therapists e.g. MD Physical Therapists Association, MD Occupational Therapists Association, Area Agency on Aging – these are in all counties and Sally will get more information about them.

A suggested topic was “How to protect your joints against arthritis for Younger ones” targeted at athletic trainers. Sally explained the reason for suggesting this topic due to the joint injuries she had due to ice skating. Rachel also updated the group about the new contact person at the Arthritis Foundation (this individual resides in Maryland and may be able to join the committee) and the request for someone with arthritis to join their connect group. [Here](#) is the job description/application. Dr. Thomas will ask her patient who is also a healthcare provider if she is interested. Rachel suggested that committee members created a walking group to which they invite patients to participate during the Annual Walk to cure event which is scheduled for the spring of 2021. Committee members thought it was a great idea.

A motion was made to approve the November minutes since a quorum was attained later during the meeting. The minutes were approved by all the members present.

### 3. Next Steps

- Dr. Thomas will provide updated work plan to the group at the next meeting. She will also provide other feedback as documented in the minutes.
- Sally will provide updates on the Area Agency on Aging at the next meeting.

### 4. Adjournment

The meeting was adjourned at 5:48 pm

**Next Meeting:** January 20, 2020; 5-6 pm (immediately after the Health and Wellness Committee Meeting)