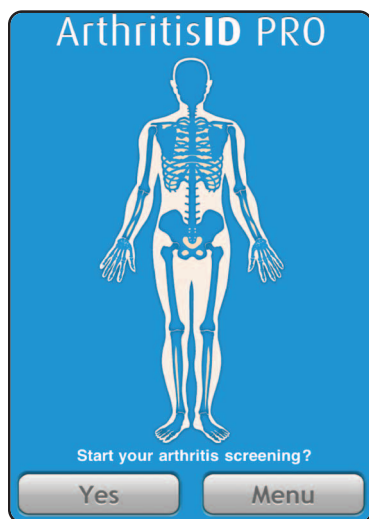


Arthritis Goes Mobile

By John M. Esdaile MD, MPH, FRCPC, FCAHS; and Cheryl L. Koehn

Today, 80% of Internet users look online for health information and treatment. There is clearly a huge desire from primary-care providers and the public for quick, accessible health information and advice about arthritis. This year, co-leaders from the National Arthritis Awareness Program (NAAP), the Arthritis Research Centre of Canada (ARC) and Arthritis Consumer Experts (ACE) collaborated to develop a very exciting mobile tool—the most comprehensive, evidence-based iPhone/iTouch application for arthritis—ArthritisID (for the public) and ArthritisID PRO (for healthcare professionals).

ArthritisID PRO and ArthritisID are free applications (more commonly known as “apps”) that provide healthcare professionals and the public with arthritis information in English and French.



ArthritisID, a free companion app for the public, was designed to raise the level of understanding and conversation about the need for early detection and best management of arthritis. The software helps the public screen for indications of the disease and learn about some of the latest approaches to its treatment, management and prevention.

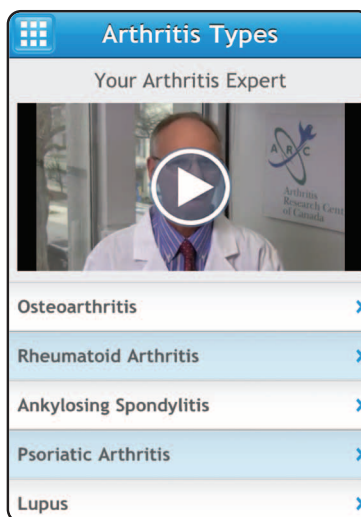
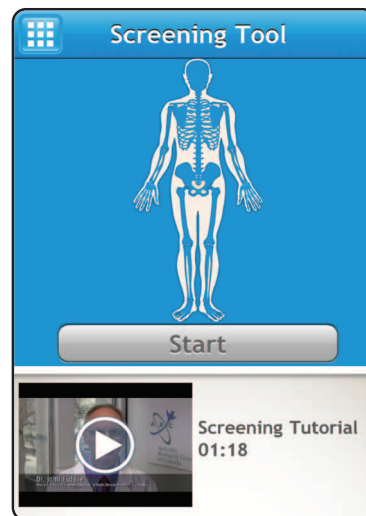
The raw material for these new arthritis apps’ interactive scale model for screening came from a previously developed point-of-practice arthritis tool leveraged by NAAP, which was conceived as a result of valuable consultation with the Canadian Rheumatology Association (CRA), The Arthritis Society and Dr. Gillian Hawker, who provided the

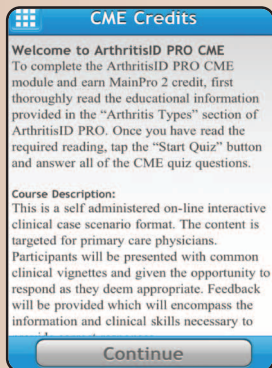
ArthritisID PRO was created to help family physicians, nurses, pharmacists, occupational therapists and physiotherapists screen for arthritis and understand the latest approaches to treating, managing and preventing the most common forms of the disease. All of the content on ArthritisID PRO is fully available in French and English, including instructional videos.

perspective of the Osteoarthritis Research Society International (OARSI). The point-of-practice arthritis tool incorporates the most recent classification criteria for rheumatoid arthritis (RA) by the American College of Rheumatology (ACR) and new information on osteoarthritis from OARSI. This tool made it possible to create the new ArthritisID apps’ interactive screening tool and develop an algorithm for a differential diagnosis quiz to assist healthcare professionals and patients in identifying key indicators and signs of seven of the most common arthritides.

Following a screening questionnaire (which contains slightly different questions for medical professionals than for the public), the ArthritisID apps’ screening tool offers feedback results on the user’s screening result, and connects the user to the “Arthritis Types” section to learn more. The Arthritis Types section features red flag “spotlights” with detailed information about treatment strategies. These include goals for treatment, medication and self-care information

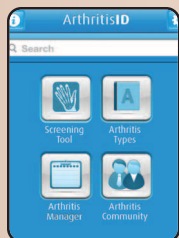
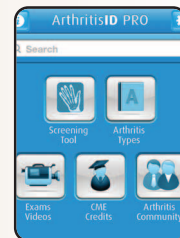
for seven types of arthritis: osteoarthritis (OA), ankylosing spondylitis (AS), psoriatic arthritis (PsA), lupus, gout, RA, and juvenile idiopathic arthritis (JIA). This section also offers detailed information about medications, selfcare, and prevention strategies to support healthcare professionals and patients in making decisions about what they can do





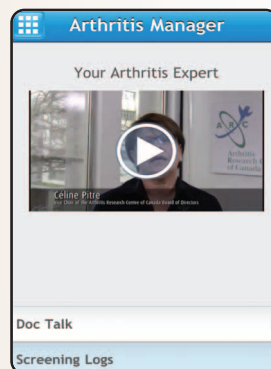
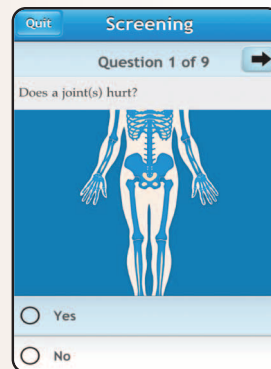
ArthritisID PRO features:

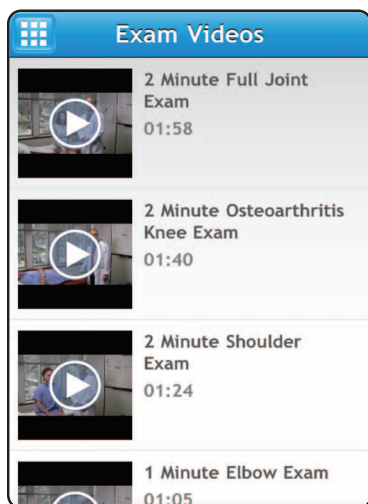
- Interactive arthritis screening tool and 13-question differential-diagnosis questionnaire
- Current “best practice” guidelines for detecting, diagnosing and managing arthritis
- Continuing Medical Education (CME) activity accredited by the College of Family Physicians of Canada (CFPC) providing Mainpro-M2 Credits
- Treatment strategies and medication information for osteoarthritis (OA), rheumatoid arthritis (RA), ankylosing spondylitis (AS), psoriatic arthritis (PsA), lupus, gout and juvenile idiopathic arthritis (JIA)
- Five instructional arthritis joint-exam videos
- Self-care information for patients to better manage their arthritis, including details on exercise, prevention, diet, and nutrition
- Email information directly from ArthritisID PRO to patients or colleagues



ArthritisID features:

- Interactive arthritis screening tool and nine-question “lay language” questionnaire to help individuals determine indications of a type of arthritis
- Treatment strategies and medication information for osteoarthritis (OA), rheumatoid arthritis (RA), ankylosing spondylitis (AS), psoriatic arthritis (PsA), lupus, gout and juvenile idiopathic arthritis (JIA)
- Information on prevention of arthritis, as well as information about exercise, diet and nutrition
- “Doc Talk”: questions to ask a healthcare provider
- “Arthritis Manager” saves previous arthritis screening results
- Email information directly from ArthritisID





to maintain or improve their health.

For physicians and other healthcare professionals, ArthritisID PRO offers valuable educational resources. The app contains five detailed instructional joint-exam videos, in French and English, performed by Dr. John Esdaile and Dr. Diane Lacaille. These videos demonstrate the appropriate techniques for joint examinations, including a two-minute full-body joint exam, and individual videos of the knee, hip, shoulder and elbow.

As an additional feature, ArthritisID PRO also boasts a self-administered Continuing Medical Education (CME) credit (MainPro-M2), administered as an online, interactive clinical case scenario.

The interactive screening tool and questionnaire in ArthritisID helps the public self-check for signs of arthritis or check for indications of the disease among friends and family. The app also provides further information about different arthritis types, advice about arthritis prevention and treatment options, questions to ask healthcare providers, and the ability to save screenings for future reference.

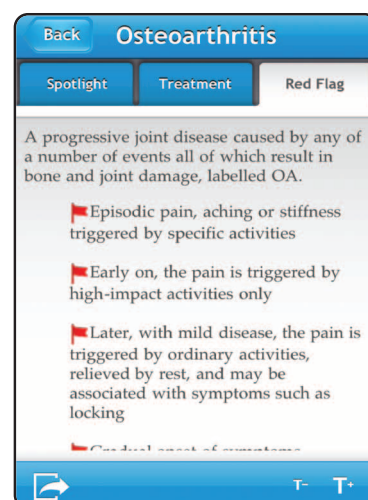
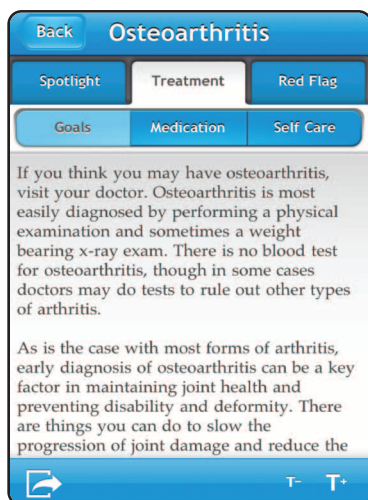
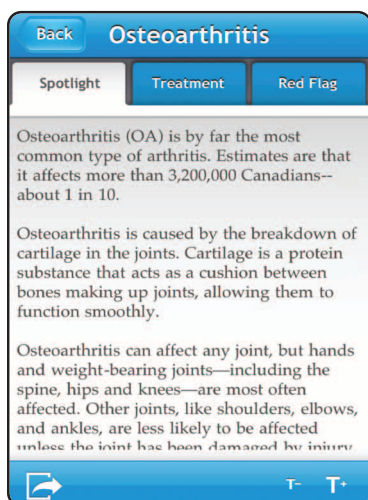
The NAAP is proud to release these two comprehensive ArthritisID apps for healthcare professionals and the

public, hoping to spark conversation, awareness and new dialogue about the early detection, diagnosis, treatment and management of arthritis. Designed specifically to meet the needs of the mobile masses, ArthritisID and ArthritisID PRO offer two new and effective ways to use world-class (and Canadian) arthritis research while making it more accessible and actionable for consumers and health professionals.

If you would like to learn more about the ArthritisID and ArthritisID PRO apps, or the NAAP, or to offer your feedback, contact us! Visit us online at www.ArthritisIsCured.org, or connect with us on LinkedIn at <http://linkd.in/AICNAAP>, or on Twitter @ArthritisCured. You can also view the ArthritisID PRO videos on our YouTube Channel www.youtube.com/ArthritisIsCured.

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At your fingertips: The screens above detail the clinical description, treatment strategies, and “red flag” indicators to look for in identifying, for example, osteoarthritis (OA).