

FROM THE PROVIDERS OF *RHEUMATOLOGY NURSE* NEWSLETTER

HANDLING THE HARD QUESTIONS:

WHAT OUR PATIENTS ARE ASKING US ABOUT RHEUMATOID ARTHRITIS

Don't miss your chance to attend this unique, customizable continuing nursing education activity. All pre-registered attendees will have the opportunity to select from a menu of educational topics, helping determine the direction of this live activity and bringing you the education you need when you need it most.



STATEMENT OF EDUCATIONAL NEED

The management of patients with rheumatoid arthritis (RA) is complex and requires a deft touch from health-care providers. Due in part to the unknown nature of genetic and environmental factors that contribute to the disease, no definitive cure for RA exists, although a growing number of pharmacologic and nonpharmacologic treatment options are available that may improve the short- and long-term prognosis for patients suffering from RA.

Within a rheumatology practice, the nurse plays a vital role in the care of patients with RA. Nurses are often responsible for patient counseling and screening, making treatment recommendations, preparing and administering infusible and injectable medications, identifying and responding to adverse effects of therapy, and assessing patient response to treatment. In addition, nurses are often the ones responsible for answering the difficult and sensitive questions from patients regarding treatment, lifestyle issues, and personal/work relationships. There is no formal training given to prepare new rheumatology nurses for answering these questions – it is frequently a matter of **“learning by doing.”**

However, leveraging the experience of colleagues to help nurses prepare patients and their families for the difficult times ahead is an untapped resource that should be better utilized.





TOPIC CHOICES AND LEARNING OBJECTIVES

PATIENT MANAGEMENT TOPICS

1 LIFESTYLE CONSIDERATIONS IN RHEUMATOID ARTHRITIS: HELPING OUR PATIENTS HELP THEMSELVES

LEARNING OBJECTIVE: Counsel patients with RA regarding key lifestyle management considerations that impact their quality of life, such as smoking, diet, and exercise

2 QUALITY IMPROVEMENTS IN RHEUMATOID ARTHRITIS: MEASURING THE PROGRESSION OF DISEASE

LEARNING OBJECTIVE: Implement at least one new disease activity measure into clinical practice within the next 45 days

3 DEALING WITH AND MANAGING PAIN IN RHEUMATOID ARTHRITIS

LEARNING OBJECTIVE: Explain the impact of pain on disability and overall quality of life in patients with RA

TREATMENT TOPICS

1 INFUSION AND INJECTION SITE REACTIONS: WHAT TO WATCH OUT FOR

LEARNING OBJECTIVE: Identify common adverse events faced by patients who receive infusible or injectable biologics for the treatment of RA

2 BIOLOGIC THERAPY IN RHEUMATOID ARTHRITIS: WHERE ARE WE NOW AND WHERE ARE WE GOING?

LEARNING OBJECTIVE: Differentiate the mechanisms of action of currently-approved and late-stage biologic agents used to treat RA

3 LIVE FROM THE MAJOR MEETINGS: HOW DOES NEW DATA PRESENTED IMPACT THE WORLD OF RHEUMATOLOGY NURSING?

LEARNING OBJECTIVE: Analyze the impact of recently-presented data from major rheumatology meetings on daily nursing practice, and utilize this data to make adjustments to daily patient care.

A final learning objective will be tied to the interactive question component of this activity:

Develop concrete responses to at least three common questions asked of today's rheumatology nurses by their patients.

EDUCATIONAL PLANNING COMMITTEE

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ACCREDITATION STATEMENT

Institute for Continuing Healthcare Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC-COA).

This activity offers 1.5 contact hours to participating nurses. This credit may be applied toward licensure requirements in those states that recognize ANCC-COA accredited providers.

Accreditation applies solely to educational activities and does not imply approval or endorsement of any commercial product by ANCC-COA.

CALIFORNIA BOARD OF NURSING ACCREDITATION STATEMENT

The Institute for Continuing Healthcare Education is approved by the California Board of Registered Nursing, Provider Number 13313. The Institute for Continuing Healthcare Education approves this activity for 1.8 contact hours.

Regimol T. Chacko, RNC, MSN, CNL, IBCLC, serves as the recognized Nurse Planner for this activity.

TARGET AUDIENCE

The target audience for these activities includes the following healthcare professionals: rheumatology nurses; rheumatology advanced practice nurses; infusion nurses, including those working in multi-specialty infusion clinics; nursing students with an interest in rheumatology; home health nurses with an interest in rheumatology; and office staff in rheumatology practices.

SELF-DIRECTED EDUCATION

Upon pre-registering for this activity, individuals will complete a short questionnaire asking them to select those two topics from a menu of six choices they feel are most relevant to their professional needs. One group of choices will focus on the treatment of RA while the second group will focus on the management of patients with RA. In addition, attendees will have the opportunity to direct the interactive portion of the activity by submitting recent challenging questions they have been asked by patients and their families. After tabulating the results from all pre-registered attendees, the two most popular topics will be selected for inclusion within this activity, as well as a number of submitted challenging questions. Expert faculty will serve as onsite presenters to address these critical issues.

As a takeaway from the live activities, attendees will be given two flash drives with a variety of educational tools, including responses to common questions from patients with RA, definitions of key terms in rheumatology, and an overview of common laboratory tests used to diagnose RA. Copies of all published issues of the award-winning, CE-certified newsletter, *Rheumatology Nurse*, will also be distributed to all attendees.



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