

ARTHRITIS ADVISORY COUNCIL MEETING

Date: March 16, 2004

Time/Place: 12-2, PTC Bldg, 3rd Floor

Recorder: Debbie Toncray

Facilitator: Patti Moran

Attendees: Susie Beem (phone), Bonnie Christopherson (phone), Karen Clark, Barbara Corwin (phone), Jim Creelman, Sue Englesby, Lisa Fall (phone), Arla Farmer, Timalee Geisler (phone), Susan Gordon, Mimi Hartman, Dana Howell, Tom Howell, Michelle James, Jeanette Jones, Piper Medcalf, Patti Moran, Leslie Nelson, Terry Nelson, Tami Pearson (phone)

DISCUSSION	ACTION/RECOMMENDATION
<p>Updates</p> <ul style="list-style-type: none"> ▪ <i>Annual meeting in Atlanta</i> – Office of Management and Budget (OMB) is looking at all programs for accountability and impact, including the arthritis program. Health and Human Services (HHS) has been reviewed and some programs have been eliminated. Arthritis is not slated at this time to be reviewed, but will be in the next two years. We will be looking more at “indicators” and working closely with other partners in assessing program participants, etc. Physical Activity is still emphasized, aquatics and PACE; looking into other evidence-based programs also, along with weight management and early diagnosis, especially in inflammatory diseases. There are some AF Chapter grant opportunities (Patti recently wrote a letter of support for an aquatics training in Salt Lake and Boise). The Physical Activity Pain Reliever campaign was developed more toward African Americans and Caucasian women (not enough research for Hispanic women – will have separate media campaign). Teresa Brady spoke with Patti about Hispanic population in Idaho; Patti will pursue this. Patti reviewed the “Top 10 New Advances” handout (gave web site). ▪ <i>Data Brief:</i> This gives a quick glimpse of important facts in Idaho, which needs to include updated numbers if any council members pass it on. We will complete the 2003 data report soon, which will include the new surveillance guidelines. Patti reviewed the process of the BRFSS questions on arthritis and some of the changes in the surveillance definition of arthritis. The new report will include the updated numbers for arthritis. ▪ <i>Satellite Video Conference – April 20, 2004</i> (PTC Building): This will look at the challenges of the 6-week course on Self-Management and how other Chapters have worked to improve the number of leaders/trainers and attendance at class. Patti will be taping this videoconference for those who would like a copy. ▪ <i>Arthritis Foundation Board:</i> Patti is the newest board member and will be attending a meeting in May. Jack Klippel, Arthritis Foundation President and CEO, will be in attendance. ▪ <i>Surveillance / Grant:</i> The grant application was also the mid-year report for the Arthritis Program. Patti reviewed this with the Council members. Many of the Treasure Valley area fitness centers have increased/added classes for the aquatics physical activity. There have been many articles about the Self-Management classes and the PACE classes (especially in the Nampa paper). The Physical Activity PSAs have also been published throughout Idaho without a lot of our prompting. Revision of the State Plan will be completed at a later date. The Arthritis Program will now also fund Health Districts 3 and 6. These Districts will follow the pattern that Health District 5 did. The AF has come out with some lower literacy Spanish materials and Patti has found other sources as well. She will do a pilot test with the directors of the Migrant and Community Health Centers to see what will be beneficial for them and their clients. This will help with the future campaign targeting the Hispanic population. 	
<p>Prescription Project – Susie Beem</p> <ul style="list-style-type: none"> ▪ This is a referral packet that has been one of the main projects of their council this year. This “prescription pad” helps ancillary health professionals and hospitals get the proper information to their patients. At three and six months, a follow-up evaluation will be completed and appropriate changes will be made, if necessary, at that time. PACE and aquatics instructors will keep track of how many participants they have gained through the referral process. The professionals also receive a 	<ul style="list-style-type: none"> ▪ Patti will e-mail a copy of the “prescription pad” to the Council members. ▪ The prescription offers many group activities – there was a question about incorporating individual (one-on-one) activities for those who don’t like the group setting. HD5 is not working directly with physicians; currently working with OT, PT and Rehab professionals. This is a starting point (pilot project) and we hope to work with doctors in the near future.

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<p>descriptive sheet about the Arthritis Foundation and related classes.</p> <ul style="list-style-type: none"> ▪ HD5 has partnered with a car dealership in Jerome (Con Paulos), who will provide Subway sandwiches to the AF walk participants. They have also partnered with Mr. Hart (Senior Olympics). A health fair will be held in the morning, lunch will be served and then they will do the walk. 	<ul style="list-style-type: none"> ▪ HD5 – Arthritis Walk, May 1, 2004, Jerome. ▪ Leslie Nelson will e-mail all the AF walk information to Patti, who will then send it to the Council members.
<p><i>Arthritis Walks – Leslie Nelson, Piper Medcalf & Michelle James</i></p> <ul style="list-style-type: none"> ▪ Reasons for the Walks: raise funds, raise awareness, have families with arthritis get involved with other families. In 2003 \$2.9 million was raised across the country at 112 sites for walks. This year we will have 205 sites across the country for the arthritis walks. AF is expecting to raise over \$4 million this year. This is AF's way of giving back to the community and the community's way of giving back to the AF for research, education, etc. There are three types of fund raising: individuals asking for tax-deductible donations (sending a letter to everyone on your Christmas card list); team fund raising (garage sales, bake sales, car washes); on-line fund raising (through AF web site and creating your own web page) – this venue works quite well for those who don't have the time resources. Receipts for individual donations are available. ▪ Team recruitment packets: general information on the walk, FAQ sheet, team captain information for contacts (local, national and website), registration sheet, on-line registration instructions, and fund raising ideas. Those with blue caps (individuals with arthritis) will be starting the walk. ▪ Corporate sponsors include Albertsons (selling gold star for \$1 at the check-out counter); pharmaceutical companies; and an advanced clinical research company. We have 25 teams to date for Boise's walk. Participation for this year is very important to the continuation of the Arthritis Walk in 2005 (especially for corporate sponsors). AF has national sponsors also: Aleve, TripleFlex and Arthritis Today. Aleve has produced the "walk video" and will be running an ad throughout the nation. ▪ There is a lot of support for volunteers/committees. The AF has many templates for fund raising letters, along with a book on fund raising which is available to all who are interested. Dan Ward/Blue Cross: they have a bicycling fund raising event at which they include many other organizations that have walks, runs, etc. to raise funds; this strengthens each organization's promotional events. Sponsors can also do "in-kind" donations. 	<ul style="list-style-type: none"> ▪ Boise's walk will be on Saturday, May 15, 2004 at 9:00 am at Veterans' Memorial Park (5K and one-mile options). ▪ The Council members can help spread the word about the upcoming AF walk, and even becoming a team captain for one of the walks (a brief fact sheet was distributed to Council members for them to send to their partners). Patti will be a team captain for this year's walk. ▪ We do not yet have a media sponsor in Boise. It was suggested to contact Maggie O'Mara at KTVB (Mimi Hartman will e-mail Ms. O'Mara about the possibility of being the media sponsor). ▪ The Council members would be the best advocates in opening doors for sponsorship. Leslie will forward the packet information to Patti who will then e-mail it to the Council members. ▪ Patti will contact Larry Maneely as a possible emcee for the walk. ▪ There are close to 200 PTs in the Treasure Valley that Tom Howell will send information to via e-mail/web. ▪ Dana Howell will also be sending information on the walk to her partners (possibly have Pocatello as another site in the future). ▪ It was suggested that the Diabetes Association have an informational table/booth at the walk (Mimi will speak to the DA about this), as many people who have arthritis also have diabetes.
<p><i>One-day Arthritis Management Course</i></p> <ul style="list-style-type: none"> ▪ Patti is going to develop a one-day management course. This one-day class will not replace the six-week training, but be a tool to be provided to those in rural Idaho, or to promote the six-week course. 	<ul style="list-style-type: none"> ▪ Patti is working on a booklet similar to the "Manage Your Diabetes" booklet regarding arthritis. It will cover relaxation techniques, medication, etc. It will be geared toward the lower literacy population. Patti is also looking at interventions through Medicaid.
<p><i>Development of PACE, Aquatics, P/A Brochure</i></p> <ul style="list-style-type: none"> ▪ To be placed in rheumatologists' offices for patients who are having difficulty 	<ul style="list-style-type: none"> ▪ Patti is working on this.

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getting involved in exercise.	
<p>Medicare</p> <ul style="list-style-type: none"> ▪ Karen distributed a brochure regarding the prescription discount card. This is a card which can be purchased by Medicare recipients who qualify. This brochure is available on the web (medicare.gov). 	<ul style="list-style-type: none"> ▪ Karen will get more copies to Patti to distribute with the minutes.
<p>Bonnie Christopherson / Arthritis Foundation</p> <ul style="list-style-type: none"> ▪ Class schedule: No self-management classes currently scheduled for the spring. 	<ul style="list-style-type: none"> ▪ Bonnie and Victoria are working on this. ▪ Patti is looking at the possibility of a class right after the walk over in Twin Falls.
<p>Fall Prevention</p> <ul style="list-style-type: none"> ▪ Risk factors and target audiences are similar. Ginger Floerchinger-Franks, Injury Prevention Program Manager is launching a new fall prevention program throughout the State which will be a P/A type of intervention, with a special emphasis on balance. People that are trained in June will go back to their communities to get more people trained. 	<ul style="list-style-type: none"> ▪ Patti will attend the training in June, 2004, along with the Health District Injury Prevention coordinators. She will have more information later.
<p>Rx-Idaho</p> <ul style="list-style-type: none"> ▪ This is a web site that focuses on helping people with their medications. 	<ul style="list-style-type: none"> ▪ Mimi Hartman will share this web site with Patti.
<p>Medicaid limitations on arthritis prescriptions</p> <ul style="list-style-type: none"> ▪ Many drugs are limited by Medicaid policies. It can take up to two weeks to obtain the proper prescription. Medicaid must pre-approve the medication before the patient can obtain it (go on Naproxyn first before it fails and then move on to Vioxx, etc). 	<ul style="list-style-type: none"> ▪ Medicare is not contacting people regarding the new prescription card; there is some fraudulent activity going on across the country. Medicare clients need to be aware of the fraud and not give out information without first checking into the company who's contacting them.
<p>ICOA</p> <ul style="list-style-type: none"> ▪ Governor's Conference on Aging in September 2004 (week of 18th) - looking for sponsors. 	
<p>Next meeting date: May 18, 2004</p>	