

ARTHRITIS COMMITTEE MEETING MINUTES

November 18, 2020

5:00 – 6:00 pm

Committee Members Present

Rachel Pigott (Chair)

Dr. Afton Thomas

Salliann Alborn

Dr. Sumit Bassi

Committee Members Absent

Linda Kline

Kelsie Shannon

Maryland Department of Health Staff Present

Olubukola Alonge

Guest Present: Miranda Byles (Arthritis Foundation)

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

Rachel called the meeting to order at 5:05 pm with a roll call and introduction of the newest member, Dr. Thomas. She welcomed everyone after which every member introduced themselves. Rachel moved the motion to approve the October minutes which was seconded by Salliann with a request for name spelling change. The minutes were also approved by all members present.

2. Discussion

The section of the guest presentation by the AF was opened by Rachel. Miranda presented on the available resources to support those living with arthritis by the Maryland Chapter of the Arthritis Foundation. Rachel appreciated Miranda for such an illuminating presentation. She found the Live Yes! Program to be very interesting helping people with arthritis to be self-advocates. She asked how they engage people in the programs. Miranda responded that they recruit via online advertisement and through doctor offices (receive lots of sign ups from doctor offices). They currently have a Live Yes RA while trying to start a Live Yes OA program. Events happen locally in Baltimore and Annapolis, Maryland and they have activities such as an intimate dinner with a rheumatologist to help clients become self-advocates.

Salliann also asked if the AF helps with medication and insurance needs of people with arthritis. She also asked about what kind of challenges clients have more- insurance or drug cost/ coverage? In addition, she wanted to know where seniors can find resources for staying active. Miranda responded that challenges are varied. Most current clients have insurance coverage but needed help with navigating the new diagnosis. Dr. Thomas stated that she refers patients to the AF and would like to invite someone for a grand round at the University of Maryland to spread awareness. She was also wondering if there is a better way to refer patients. Miranda advised the committee about referring people to the website where they can find local programs. She will also share a pdf of

resources with the group. Dr. Bassi stated that a consideration should always be given for surgical intervention in some cases of arthritis. This was agreeable to all with the need for providers to find and determine resources needed by various clients depending on presentation. This section was closed by Rachel appreciating Miranda for her time.

Rachel presented to the group on the current arthritis work plan since there were several new members. The committee wanted to know how we came up with topics, dissemination partners and reach. Rachel informed the group that they were based on conversations during prior meetings. Buki updated the group about the need to follow the guidelines in the provided Health and Wellness Council communications guide for any public facing documents. She also discussed the need for a creative considerations document for any article being worked on by any member. Rachel reminded the group about prior creative considerations documents for both materials targeted at the public and health practitioners which is still applicable for our current efforts. Prior creative considerations documents are also archived on the google drive and she will provide access to the new members. Members wanted to know what [BHS](#) meant and Buki responded that it was an organization that occasionally worked with our Healthiest Maryland Businesses. Everyone was encouraged to own or add new topics to the list while also adding on new dissemination partners before the December meeting. Dr. Bassi was thanked for representing the committee on the adhoc legislative work group.

3. **Next Steps**

- Rachel will grant the new members access to the arthritis committee google drive where many great resources are archived.
- Members should be ready to share what topics they would like to work on at the next meeting.
- Miranda will share meeting slides as well as additional resources with the committee.

4. **Adjournment**

The meeting was adjourned at 6:03 pm

Next Meeting: December 16, 2020; 5-6 pm