



# Oklahoma Arthritis Network (OAN)

Thursday, May 3, 2007

## MINUTES

### Attendees:

Deborah Adams, OSDH Health Promotion  
Eunice Aldrich, Volunteer, Harper County (VC)  
Martha Alford, Muskogee County Health Department (VC)  
Tricia Ayers, OKDHS Aging Services Division  
Claudia Barajas, Latino Community Development Agency  
Sharon Bass, Kay County Health Department (VC)  
Linda Brown, Dr. Coddling's Office  
Louis Brown, Harper County (VC)  
Doris Joy Bunker, Harper County (VC)  
Delbert Carter, Muskogee County (VC)  
Adrienne Chambers, OSDH Arthritis Prevention and Education Program  
Chris Coddling, MD, Rheumatologist  
Kristela Cortez, Dr. Coddling's Office  
Wilma Drew, Harper County (VC)  
Andria Elliot, Dr. Coddling's Office  
June Fetters, Kay County Health Department (VC)  
Heather Findley, Dr. Coddling's Office  
Glenna Haddox, AF Self Help Program Leader, Cherokee County (VC)  
Dianne Haralson, CSC, Muskogee County (VC)  
Renetta Harrison, Rogers County Health Department (VC)  
Bill Heaton, AF Exercise Program Trainer, Harper County (VC)  
Larry Hopper, Oklahoma Alliance for Public Transportation  
Andrali Jewett, OKDHS Living Longer Living Stronger  
Marie Jiles, Beaver County (VC)  
Birdie Johnson, Central Oklahoma Integrated Network System  
Sarah Jordan, Creek County Health Department, AF Self Help Leader (VC)  
Rachel K., Dr. Coddling's Office  
Anna King, Retired RN  
Stephanie LaFevers, Arthritis Foundation Eastern OK Chapter (VC)  
Shona Lennon, Arthritis Foundation Oklahoma Chapter  
Yvonne Longpine, OSDH Medical Facilities  
Erika Macy, Kay County Health Department (VC)  
Lynn Madsen, OEDA Area Agency on Aging, Beaver County (VC)  
Marisa New, OSDH Arthritis Prevention and Education Program  
Donna Oram  
John Oram  
Debbie Payne, Kay County (VC)  
Pamela Payne, Kay County Health Department (VC)  
Elicia Pollard, Langston University, AF Self Help Program Leader  
Betsy Replogle, OAN Chair  
Elise Solloway, AF Exercise Program, Woodward County (VC)  
Jeanne Treadway, Muskogee County (VC)  
Jim Treadway, Muskogee County (VC)  
Monica Van Donkelaar, AF Self Help Leader, Cherokee County (VC)  
Leslie Vick, Wagoner County Health Department (VC)  
Mike Watts, AF Exercise Program Leader, Garfield County (VC)  
Carla Wilhite, OK AgrAbility/ABLE Tech  
Dallas Winter, Kay County (VC)  
Mary Lou Winter, Kay County (VC)  
Corey Wright, OSDH Chronic Disease and Prevention Services, Physical Activity Program  
Marilyn Zimmerman, Beaver County (VC)

VC = Videoconferencing

- I. **Welcome and Introductions** – Betsy Replogle, OAN Chair  
New OAN Members: Yvonne Longpine, Elicia Pollard, Kristela Cortez, Linda Brown, Andria Elliot, Donna Oram, John Oram, Rachel K., Heather Findley, Anna King, Eunice Aldrich, Wilma Drew, Lois Brown, Doris Joy Bunker, Debbie Payne, Dallas Winter, Mary Lou Winter, Sharon Bass, June Fetters, Erika Macy, Pamela Payne, Marilyn Zimmerman, Marie Giles, Glenna Haddox, Monica Van Donkelaar, Mike Watts, Martha Alford, Delbert Carter, Jean Treadway, Jim Treadway, Diane Harrelson
- II. **April Minutes Approved**
- III. **May is Arthritis Awareness Month**
  - A. Marisa and a group of people were at the State Capitol this morning.
  - B. Senate read a resolution declaring May Arthritis Month
- IV. **Oklahoma Arthritis Network Projects/Committee Updates/Collaborative Events**
  - A. Community Education – Stephanie LaFevers

- Arthritis Foundation Self Help Program (AFSHP)
    - 8 Self Help Leaders in attendance
    - Broken Arrow, Pryor, and Tahlequah have classes going right now
    - Upcoming Classes
      - a. Tulsa – June
      - b. Claremore – July
      - c. Wagoner – Being rescheduled
      - d. Muskogee – Later this year
    - Public Education Programs with Doctor's speaking about arthritis
    - Locations are Owasso, Claremore, Tahlequah, Muskogee, and Bartlesville
    - Partnering with Striker Orthopedics
  - Arthritis Foundation Exercise Program (AFEP) – Shona Lennon
    - Leader Training Workshop June 9<sup>th</sup> in OKC
    - Contact Shona Lennon at (405) 936-3366 for more information
  - Attendees can pick up a list of where the programs are held across the state, or can access online at [www.health.ok.gov/program/apep](http://www.health.ok.gov/program/apep)
  - Arthritis Foundation Aquatics Program – Shona Lennon
    - Leader Training Workshop June 30<sup>th</sup> in OKC
    - Contact Shona Lennon at (405) 936-3366 for more information
- B. Arthritis Foundation Exercise Program (AFEP) and Arthritis Self Help Programs
- Leader Reports
    - Mike Watts, AF Exercise Program Leader, Oakwood Christian Church, Enid
      - a. First class was in October - Started with 21 people; finished with 16 people
      - b. Second class was in January - Lost some people due to bad weather, most finished class
      - c. People stated that their range of motion had increased – shoulders, back, fingers, wrists
      - d. Received letters thanking them for the class and improvement in feeling and range of motion
      - e. New class will start in September
    - Sarah Jordan, AF Self Help Program Leader, Creek County Health Department, Sapulpa
      - a. Had a class last fall - 10 to 12 participants; 5 to 6 completed
      - b. Set up another class for February 7<sup>th</sup>
        - i. Only one person signed-up
        - ii. Rescheduled for March 7<sup>th</sup>
        - iii. Cancelled - still only one person signed up
      - c. Going to Manford to do blood pressure checks on Friday, taking arthritis information and will see if there is an interest
      - d. Looking into having a class in Bristow
    - Elise Solloway, AF Exercise Program Leader, Community Volunteer, Woodward
      - a. Currently holding classes in Woodward at the First United Methodist Church
        - i. 4<sup>th</sup> session just began
        - ii. Started 18 months ago by Bill Heaton
        - iii. 15 regular participants; 8 of those have been coming since the 1<sup>st</sup> class
        - iv. Classes are twice a week on Tuesday and Thursday; year round
      - b. Received interest in evening classes - looking into having in the summer
      - c. Have had a good response to the new AF Video, "Take Control with Exercise"
      - d. Shona working on an upcoming public education program to get more interest from the community
- C. Where? When? Upcoming Community Programs for people with arthritis – Attending Leaders
- Carla Wilhite and Elicia Pollard, AF Self Help Program Leaders, OK ABLE Tech and Langston University
    - First class starting next Tuesday (8<sup>th</sup>) in Langston
    - 3 or 4 people signed up so far

V. **Speaker: Chris Coddling, MD, Rheumatologist, Clinical Asst. Prof. Dept. of Internal Medicine – OU Health Sciences Center**

- Arthritis Evaluation
  - Treatment: General
    - a. Supportive – Exercise
    - b. Medications
    - c. Diagnostic Studies, and Procedures, as appropriate
  - A multidisciplinary Approach is the best to treat arthritis
  - Lab Tests for Arthritis
    - a. ESR, CRP – Inflammation
    - b. ANA – Lupus/Collagen-vascular
    - c. RF – Rheumatoid Arthritis/SLE, Sjögren's and other
    - d. CCP – Rheumatoid Arthritis, Specific
    - e. AN CA – Vasculitis
    - f. CPK – Inflammatory myopathy
    - g. SPE – Myeloma (Bone Marrow Tumor)
  - Fibromyalgia

- a. FMS (fibromyalgia syndrome) is a widespread pain and fatigue
- b. Causes still unknown
- c. Fibromyalgia means pain in the soft fibrous tissues in the body
- d. Cardinal features
  - i. Chronic, widespread pain
  - ii. Tender points on examination
- e. Characteristic features
  - i. Fatigue
  - ii. Sleep disturbances
  - iii. Stiffness
  - iv. Paresthesias
  - v. Headaches
  - vi. Irritable Bowel Syndrome
  - vii. Raynaud's-like symptoms
  - viii. Depression
  - ix. Anxiety
- f. The presentation of Fibromyalgia has many complex characteristics
- g. Various other medical problems have overlapped with fibromyalgia
- h. Most of the diagnostic features are subjective, which further complicates
- i. Rheumatology guidelines for the remission of fibromyalgia do not exist
- j. So controversy exists, and the medical approaches are not uniform
- k. Common ways to obtain a diagnosis:
  - i. Evaluation: Exam with tender points
  - ii. Lab: ANA, RF, CRP, ESR, TFT, CPK, CBC, SPE, Chemistries
- Biomarkers
  - Biomarker blood tests assess disease activity (inflammation), severity (erosions), and therapeutic response in a way that provides a tool for personalized, evidence-based disease management
  - Cytokines, also called biomarkers, are proteins in the blood that regulate the immune system and inflammatory response
  - Biomarker blood tests can provide rheumatologists with objective criteria to aid in optimization of therapeutic decisions and reduce healthcare costs

**B. If you would like a copy of the PowerPoint presentation handouts please contact Adrienne Chambers at (405) 271-9444 ext. 56535**

## VI. Collaborative Events

### A. Living Longer, Living Stronger: The Oklahoma Project – Andrali Jewett, DHS Aging Services

- Project Goals
  - Increase the quality of life and decrease the complications of arthritis, heart disease, stroke and obesity among persons residing in Oklahoma by providing EnhanceFitness and Chronic Disease Self Management Programs
- Project Objectives
  - Develop and sustain quality implementation of two evidence-based health prevention programs for individuals 60 years of age and above
  - Improve collaboration in providing services among health, public health, and Aging Services Network agencies at the state and local level
  - Evaluate the program, document activities and disseminate the results
- Evidence-Based Programs
  - Chronic Disease Self Management Program (CDSMP)
    - a. Participants are adults experiencing chronic health conditions (e.g. hypertension, arthritis, heart disease, stroke, lung disease, diabetes, etc.), their family members, friends and caregivers. The program provides information and teaches practical skills on managing chronic health problems. Most importantly, the CDSMP gives people the confidence and motivation they need to manage the challenges of living with a chronic health condition.
    - b. Objectives
      - i. To increase lifestyle skills that assist in managing chronic conditions
      - ii. To increase knowledge of personal risk factors associated with chronic disease
      - iii. To increase personal responsibility in the management of chronic disease
  - EnhanceFitness Program
    - a. This low-cost, evidence-based exercise program will help even near-frail older adults become more active, energized, and empowered to sustain independent lives. Based on solid research and tested at over 80 sites around the country, EnhanceFitness focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises – everything health professionals tell us people need to maintain healthy, independent functioning as they age.
    - b. Objectives
      - i. Increase strength. People who follow the program grow stronger, improve their balance, and become more limber

- ii. Boost activity levels. Even the unfit quickly find themselves able to do the things they want to do safely and independently
  - iii. Elevate mood. Research shows that exercise can help beat the blues, and EnhanceFitness participants experience that every day
- Program Areas/Sites
  - NODA – AAA / Wheatheart Project
    - a. Ringwood Nutrition Site MARC Center
  - COEDD – AAA / Project H.E.A.R.T.
    - a. Shawnee
    - b. Tecumseh
  - KEDDO – AAA
    - a. Kiamichi Area Nutrition Site
    - b. Hartshorne
  - Chickasaw Nation
    - a. Ada
    - b. Purcell
    - c. Pauls Valley
- Future Plans
  - NODA – AAA Kick Of Event: May 8<sup>th</sup> at the Ringwood MARC Center
  - KEDDO – AAA Kick Off Event: May 31<sup>st</sup> at Hartshorne Nutrition Center
  - Health Fairs
  - Work with the Turning Point Coalition
- **Contact Andrali Jewett for more information at (405) 522-5966 or [andrali.jewett@okdhs.org](mailto:andrali.jewett@okdhs.org)**

**B. Guide to a Strong and Healthy Oklahoma – Marisa New**

- Governor Brad Henry has a Stronger, Healthier Oklahoma Initiative
- Promoting people move more, eat better, and be tobacco free
- Guidebook has come out, and some of the programs for people with arthritis are listed within the book
- There is also a website that some of the same information will be provided
- If you have information that pertains to moving more, eating better, and being tobacco free – provide to health department for website
- Copies are available in Shipping and Receiving Department

**VII. Announcements**

**A. Arthritis Foundation – Stephanie LaFevers and Shona Lennon**

- Tulsa Arthritis Walk May 6<sup>th</sup>
- Bartlesville Arthritis Walk May 13<sup>th</sup>
- Other walks listed on calendar of events
- Camp J.A.M. July 6-10<sup>th</sup>
- Osteoporosis Seminar May 16<sup>th</sup>

**B. Alliance for Public Transportation (APT) – Larry Hopper**

- Annual Bike to Work Day May 18<sup>th</sup>
- Tulsa Annual Bike to Work Day May 16<sup>th</sup>
- Oklahoma City Transportation Gaps – call 405-297-1889

**C. Senate Declared May Arthritis Awareness Month Today**

- May 9<sup>th</sup> Rep. Darrell Gilbert presenting
- May 10<sup>th</sup> there will be a resolution read in the House declaring May Arthritis Awareness Month
  - Bill Heaton speaking on the floor
  - Please let us know if you plan to come

**D. Aging Conference is May 8-10<sup>th</sup>**

- Bill Heaton and Sue Painton will be speaking on May 9<sup>th</sup>
- Marisa will be speaking on May 8<sup>th</sup>

**VIII. Next OAN Meeting will be Thursday, August 2, at 2:00 p.m. at OSDH in Room 314. Videoconferencing is available; please call (405) 271-9444, ext. 56535 or email [adriennec@health.ok.gov](mailto:adriennec@health.ok.gov) for more information.**

**IX. See OAN Calendar of Events for other announcements and upcoming meetings**