



Oklahoma Arthritis Network (OAN)

Thursday, September 4, 2003

MINUTES

Attendees:

Betty Arduine – Patient Advocate
Manuel Avila – Interim Health Care
Margie Boling, RN – INTEGRIS Joint Replacement Center
Russell Brewer – Cleveland County Health Department
Charles Bryant, MD – INTEGRIS Joint Replacement Center, Baptist Medical Center
Tim Flagg – Oklahoma City County Health Department (VC) -OKC
Norma Goff, RN – Chair, OAN, Dept. of Human Services
Jackie Hicks, RN – Oklahoma City County Health Department (VC) - OKC
Zahira Khalili – Heartland Health Care Center
Terry Johnsen – Department of Human Services, Children with Special Health Care Needs
Stephanie LaFevers – Arthritis Foundation, Eastern Oklahoma Chapter (VC) – Tulsa
Shona Lennon- Arthritis Foundation, Oklahoma Chapter
Janet Lewis, RN – INTEGRIS Joint Replacement Center
Joyce Lewis - Oklahoma Disability Law Center
Saundra Main – Canadian County Health Department (VC) – El Reno
Valerie Marr, RN – Oklahoma City County Health Department (VC) - OKC
Carol McClure – Custer County Health Department (VC) - Clinton
Robi McCuddy – OSDH, Tobacco Control Division
Vonnie Merritt, RN - Canadian County Health Department (VC) – El Reno
Marisa New, OTR, MPH - OSDH Arthritis Prevention and Education Program
Jennifer Nunn – Lincoln County Health Department (VC) - Chandler
Todd Owens, RPT – OU Medical Center, Physical Therapy Dept.
Patty Porter – Mercy Senior Health
Betsy Replogle – Vice Chair, OAN
Karen Ross, MD – OU, Dept. of Geriatric Medicine
Vivian Smith, PhD – Oklahoma Alliance on Aging
Jaylene Sain – The Fountains at Canterbury
George Bryan Sykes – Cheyenne Arapahoe Tribes Vocational Rehabilitation
Dave Thompson, MS, PT - OU, Department of Biostatistics and Epidemiology
Kathy Tillman – Excel Home Health & Hospice
Cynthia Trent – Quail Ridge Assisted Living Center

VC = Videoconferencing

I. WELCOME – Betsy Replogle, OAN Vice Chair

New OAN Members present: Margie Boling, Janet Lewis, Charles Bryant, Jaylene Sain, Manuel Avila, Kathy Tillman, Robi McCuddy, Valerie Marr and Tim Flagg

II. AUGUST MINUTES APPROVED - no corrections

III. PROJECTS/COMMITTEE UPDATES

New! Arthritis Foundation sponsoring:

- **September 19-21, Teen Retreat.**
For those teens between the ages of 13 – 17 with arthritis. There is no cost. Space is still available. Call the Arthritis Foundation, Oklahoma Chapter, (405) 936-3366.
- **October 25, PACE Leader Training.**
CDC Grant (through the AF) is funding this training, targeting communities outside OKC. If anyone interested in leading a land-based exercise class, please call AF at (405) 936-3366.
- **September 27, 8th Annual Mini Grand Prix (mini Indy cars)**
This year adding a motorcycle poker run and classic car show.

Registration: \$ 25, before the day of the race, \$20, the day of the ride.
It is \$18 before the car show to register your car for display.
Giving away trophies, \$200 cash prize for highest poker hand from the poker run.
For more details call (405) 936-3366. [Flyer distributed]

OAN Advocacy: Legislative Update – Betsy Replogle, Chair

Congress went back into session September 2, 2003. The OAN will focus on anything affecting health so our special interest will be Medicare Reform and appropriations for labor, health, and education. I have printed copies of the Oklahoma Congressional Delegation. [list distributed]. Letters aren't going through so call these legislators at either their offices in Oklahoma or Washington D.C. I am sending messages over the OK Arthritis Network listserv with occasional updates.

The OAN Advocacy Committee will be meeting on Tuesday, Sept. 9 at the LIDO Restaurant on NW 25th and Military. Meeting time: 5:30 p.m. To assure a big enough table, please call (405) 848-3819 to reserve a spot by Tuesday, September 9, 12:00 p.m. Our meeting will focus on determining our legislative agenda.

Physical Activity Day for people with arthritis – Karen Ross, MD

Tentatively scheduled for the morning of Saturday, November 8th at OSU-OKC.

Planning Committee: Karen Ross, Cynthia Trent, Jackie Hicks and Marisa New

The intention is to open it up to the public for anyone with arthritis or chronic joint symptoms. Planning to have a videotape spotlighting people with arthritis of varying age where physical activity has been a strong component to their health in dealing with their arthritis pain and their quality of life. Breakout session: Tai Chi – Madeline Rugh, Zendo Ryu – Ruth Stone, a Japanese version of Tai Chi to name a few. If you want more details call (405) 271-9444, ext. 56410. If space available, we will be having exhibitors.

OAN Surveillance and Research Committee – Dave Thompson, Chair

[Handout distributed] Recently received, abstracted and analyzed Oklahoma Hospital Discharge Data for 2000. 9% of those people hospitalized and then discharged had a diagnosis of some type of arthritis. About 2/3 of those people with a diagnosis of arthritis, were specifically found to have osteoarthritis. The problems that people have with arthritis don't necessarily result in hospital admission so we know the burden on society is largely outside of the hospital.

The Committee is looking at Hospital Discharge Data, Behavioral Risk Factor Surveillance System (BRFSS) – Arthritis Data, a national survey that within asks six questions focused on function, health status and lifestyle. We are cooperating with the Arthritis Self Help Course Leaders to gather pre and post evaluations to determine if the program information has assisted in creating positive lifestyle changes. The research already shows the impact on people with arthritis but we are specifically looking at its impact on Oklahomans.

Stephanie LaFevers, Arthritis Foundation, will address more about the ASHC.

IV. PRESENTATION – Charles Bryant, MD

Janet Lewis, Administrative Director over Surgical Services introduced Dr. Charles Bryant, orthopaedic surgeon at INTEGRIS Joint Replacement Center, Baptist Medical Center, Oklahoma City. He spoke about “Joint Replacement: When is it Necessary?”

Highlights:

- Total joint replacements are an effective means of treating people and can add greatly to the quality of people's lives.
- Joint replacement is probably never really absolutely necessary.

- There is rarely a life or death situation or limb threatening situation.
- It is something you do to try to make a person feel better so they can do what they want to do.
- There is no permanent joint replacement, may be improvements in joint replacement and how they are done and their longevity but there is no lifetime joint replacement.
- Pain is the primary indication for joint replacement it doesn't necessarily mean it is the only indication but usually the primary. Other indications for joint replacement: congenital deformity or acquired deformity and with arthritic changes; bone tumor-metastases; joint instability and stiff joints.
- People with arthritis do much better with appropriate physical activity.

The Joint Replacement Center does offer community seminars at the 3rd Age Life Center. People can call INTEGRIS Health Essentials to register. Next seminar is September 9th, 10 a.m. [Information packet distributed]. OAN will add Dr. Charles Bryant to the OAN Speakers Bureau.

Continue...III. PROJECTS/COMMITTEE UPDATES

Arthritis Self Help Course (ASHC) – Arthritis Foundation, Stephanie LaFevers

The ASHC was developed by Stanford University and the Arthritis Foundation has purchased the licensing rights. Recently, the course has gone through some changes, which has created a need to update our current ASHC leaders with some new information. On September 16th, the AF will be collaborating with the OSDH to provide this "update training." There will also be a retraining of those leaders who have yet to offer the course, date to be scheduled. There will also be another ASHC Leader Training scheduled which will be provided through a CDC cooperative agreement via the OSDH, date to be scheduled. If you are interested in becoming a leader, please contact the Arthritis Foundation -Eastern Chapter (918) 743-4526, the AF - Oklahoma Chapter, (405) 936-3366 or the OSDH Arthritis Prevention and Education Program, (405) 271-9444, ext. 56410 to determine if you meet the leadership criteria. The best team leaders are people with arthritis and health professionals/providers.

Promotion: OAN Presentations/Calendar of Events

OAN PowerPoint Presentations are available for your use. Please tell us when your community presentation is scheduled so we may place it on the OAN Calendar of Events. Our action plan goal is to present a consistent science-based message and current data about arthritis. So far, we have three OAN organizational partners offering to present this information:

Bill Wells, Oklahoma Employment Lawyers Association
 Stephanie LaFevers, Shona Lennon – Arthritis Foundation
 Charles Bryan Sykes – Cheyenne Arapahoe Tribes Vocational Rehabilitation

To accomplish our objective, we need at least two to seven more OAN Partners to assist by January 8, 2004. Please call Marisa New, (405) 271-9444, ext. 56410 to participate.

The next OAN Meeting is scheduled for Thursday, October 2, 2003 at 2:00 p.m.
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Meeting Adjourned.