

Intensive Collaborative Arthritis Program (ICAP)

The Intensive Collaborative Arthritis Program (ICAP) helps participants and their family members live well with arthritis.

Participants attend frequent sessions to:

- Learn about the disease process and treatment options
- Learn strategies for coping with chronic pain related to your arthritis
- Improve mobility and strength
- Improve function and activity level
- Learn to protect joints and manage fatigue
- Learn about community resources
- Develop a positive attitude towards living with arthritis

Who participates?

This program is suited to adults who have Complex Inflammatory Arthritis and Systemic Autoimmune Rheumatic Diseases (SARDs) requiring intensive treatment by a team of health professionals.

Together with your Rheumatologist or health professional, you can decide if the Intensive Collaborative Arthritis Program meets your needs.

Teamwork

Managing arthritis requires teamwork.

You are the team's key player.

Rheumatologists:

- Diagnose your condition(s), prescribe medications and other treatments, and act as a medical resource to the team.

Nurses:

- Provide education about your arthritis diagnosis, medications and how to manage your symptoms and healthy living.

Physiotherapists:

- Assess pain, movement, strength, and functional ability and provide treatment, which includes exercise, education and self-management strategies. They promote active living and help you connect with local resources in your community.

Occupational therapists:

- Assess your ability to perform everyday activities and help modify activities and provide strategies to reduce your pain, fatigue, and improve function.

Social workers:

- Connect you and your family with support groups and other community resources, and help with life challenges such as depression, housing, finances and employment.

Appointments

- The Intensive Collaborative Arthritis Program runs Monday to Friday from 8 am to 4 pm.
- You will be expected to attend the program 2- 3 days per week for 4-6 consecutive weeks.
- The number of appointments will vary but averages 3 to 4 hours per day.
- You will be called by phone with your first appointment time.
- When you arrive at the Centre the first day, go to the admissions desk on the first floor to report in. You will need your personal health care card.
- Your first visit will take about 2 **hours**. During the first 2 days you will be assessed by all team members and attend a team meeting to discuss your treatment plan and goals.
- Bring a list of your **medications, previous surgeries or other health issues**.
- If you have difficulty with English, please bring someone who can help you.

What to wear:

Comfortable clothing such as:

- A track suit
- A loose fitting blouse/shirt
- Loose pants or shorts

Change in Condition

If your condition worsens while waiting for treatment, we suggest calling your doctor.

The [Mary Pack Arthritis Program](#) also offers:

- Paediatric clinics in Victoria and Penticton
- Travelling Consult Service across BC by Rheumatologists
- Specialty medical clinics
- Outpatient programs for adults in Vancouver, Victoria, Penticton and Cranbrook
- Occupational Therapy outreach clinics in select rural communities in BC
- Free education classes for clients (*no referral required)

Referrals are required for all assessment and treatment services. For more information on arthritis treatment programs, call:

Mary Pack Arthritis Program

Tel: 604-875-4040

Or visit our website:

www.mpap.vch.ca

For information on arthritis, community programs, and services, call:

The Arthritis Society

Vancouver: 604-714-5550

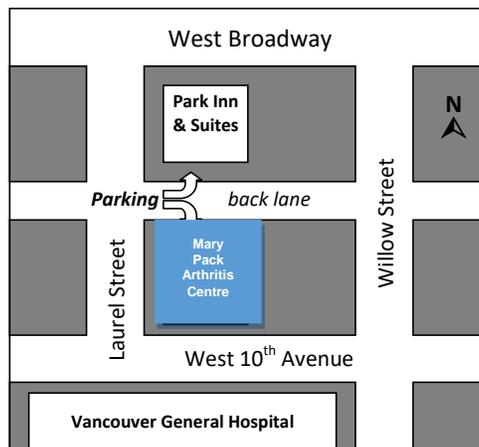
Toll-free: 1-800-321-1433

Website:

www.arthritis.ca/bc

LOCATION

Intensive Collaborative Arthritis Program



Mary Pack Arthritis Centre

895 West 10th Avenue

Vancouver, BC V5Z 1L7

Tel: 604-875-4012

Intensive Collaborative Arthritis Program (ICAP)

Our Vision

"We will collaborate with people with arthritis to optimize their treatment and to self-manage their condition, guided by the people we serve, and provided by who care."

Mission

As an interdisciplinary outpatient team, we will collaborate with people with arthritis to promote ability to successfully self-manage their arthritis

Arthritis = Complex Inflammatory Arthritis and Systemic Autoimmune Rheumatic Diseases (SARDs)