

SUMMER 2025

ACE Clinical Link Newsletter



*Mary Pack
Arthritis Program*

Created and distributed by the Mary Pack Arthritis Program
A newsletter for health professionals caring for people with arthritis

Editor's Message

Summer weather brings more opportunities to be active outdoors. Check out updated resources on gardening with arthritis (OASIS) on page 3 and the benefits of nature prescriptions (yes, there is such a thing!) on page 2.

We highlight some professional education opportunities on pages 2-3 including the popular TJA rehab workshop.

Looking for latest patient resources – see page 4. Remember, our virtual education sessions are open to **EVERYONE**, no charge, no referral needed!

We always welcome your treatment gems or clinical questions!

Marie Westby, PT, PhD
PT Clinical Resource Educator

Have a clinical question? Our educators are here to help.

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To unsubscribe to the ACE Directory and newsletter, contact: marie.westby@vch.ca

Health Professional Education and Upcoming Events

We held another successful **ACE course** for PTs, OTs, and nurses in April. Course participants came from across BC and some joined virtually from Alberta, Ontario & New Brunswick to learn more about the assessment and management of common arthritis conditions and practice their hands-on skills during the in-person days. It's the 50th anniversary of this course and it remains the only comprehensive multi-disciplinary course in Western Canada. Information about the 2026 course will be added to our website early this fall.



Some participant feedback:

"Excellent course! Well-structured and very organized"

"I felt very supported and welcomed in a collaborative setting"

"Overall, a very good learning experience"



The popular TJA rehab workshop is being offered this fall in collaboration with PABC. Click [HERE](#) for more information.

Hip and Knee Arthroplasty Rehab: An Advanced Skills Workshop for Physical Therapists

October 4, 2025 - October 5, 2025

Mary Pack Arthritis Center, 895 West 10th Ave Vancouver BC

Organized by PABC

\$550.00 - \$1,050.00



New Podcast Episode: Chronic Pain in Spondyloarthritis – Differentiating Active Disease from Fibromyalgia

In this episode, we examine the evaluation of pain in patients with chronic inflammatory arthritis, with particular attention to spondyloarthritis and its clinical overlap with fibromyalgia. We explore why some patients continue to report persistent pain despite well-controlled inflammation, and the importance of distinguishing between active inflammatory disease and centralized pain syndromes such as fibromyalgia.

[LISTEN](#)



Check out more podcasts with Canadian content here: <https://rheum.ca/resources/aroundtherheum/>



For updates, the latest research and clinical resources in arthritis join the AHPA for only \$125/year. Benefits include: free webinars, monthly newsletter, access to grants and markedly discounted conference fees. Next annual meeting is in Halifax, April 16-19, 2026.

<https://www.ahpa.ca/>

A new online resource for PTs is available through the University of Melbourne.

<https://blogs.unimelb.edu.au/exercisetoolkit/>



stay tuned

Our next **ACE CLINICAL EXCHANGE** will be in September 2025. Join our live lunchtime webinar to discuss a timely interdisciplinary clinical topic and article! Stay tuned for exact date & topic!

From the Literature

In spring, one thinks of summer activities and being active outdoors. So here are a couple of papers looking at golf after TJR and nature prescribing! (If you have trouble accessing these papers, send me an email!)

Spencer-Gardner LS et al. Golf after total hip and knee arthroplasty: Getting back into the swing. J Am Acad Orthop Surg 2025;00:1-8.

Highlights:

- Being younger, male and having a lower BMI increases the likelihood of returning to golf
- Surgery factors like change in leg length, alignment, and implant type/position can also affect function and play
- Most golfers can return to golf and play a full round on average 4 to 5 months after THA and TKA; return rates are higher after THA (90%) than TKA (70%)



Nature prescription

Spending time in nature has numerous health benefits. Being active outdoors is even better! Learn about BC Parks Foundation's program PaRx: A Prescription for Nature: <https://www.parkprescriptions.ca/>

Read more about the evidence behind nature prescriptions [HERE](#)



Education & Resources for Your Patients

MPAP and OASIS offer in-person and virtual patient education classes which are open to **ALL patients and families throughout BC**. No referral is needed so encourage your patients to participate!

Check out upcoming classes:

Mary Pack <https://www.vch.ca/en/service/mary-pack-arthritis-program-arthritis-classes>

OASIS <https://www.vch.ca/en/oasis-class-descriptions>

including **Gardening with Arthritis** on July 15th!



Our How to Wear and Care for guides to resting and working splints and foot orthoses are now available in Simplified and Traditional Chinese in PHEM. Link [HERE](#)



Fun fact: In the 50s & early 60s, the Canadian Arthritis & Rheumatism Society (C.A.R.S.) employed more physiotherapists than any other institution in BC.



Fun fact: The Travelling occupational therapy (TOTs) program has been operating for more than 65 years! OTs often travelled alone & were away for 3 weeks at a time visiting remote communities in BC.

OA thumb splinting tip: “Many people with thumb OA have CMC and MCP involvement causing loss of web space, instability &/or hyperextension of the MCP joint. There are several off the shelf thumb splinting products available. The soft fabric options may feel comfortable, but often do not correct/support the thumb joint alignment at either the CMC or MCP joints. CMC style splints like the PUSH can be effective if the problem is only at the CMC joint as they do not provide support for the MCP joint. Consider the most effective option that promotes the “C” and “O” functional postures of the thumb.” Nadine, OT



>\$100

Next ACE Clinical Link issue will be fall 2025!

Have a fun & active summer!