

Rheumatoid Arthritis Generic Care Plan: Guidance for MCR

CARE ISSUE	DESIRED OUTCOME	ACTION	ACTION BY	RESPONSE
Compliance. (Looking at repeats, patient's condition, confusion about meds, exacerbation, patient admits doesn't take, lack of understanding, side effects, etc).	Patient takes/uses medication as instructed.	Discussion with patient to identify issues in following treatment plan.	Pharmacist	Patient has a better understanding of how and why to take/use medications for RA, and patient able to explain what the different medicines do.
	Patient understands why they need to take medication.	Advise on how different therapies work, benefits of taking them and the need for compliance.	Pharmacist	Patient understands the benefits of medication and risks of not taking it regularly.
	Compliance with medication improved.	When to take, how to take, what to do if missed doses, etc.	Pharmacist	Patient understands use of medication and improved RA pain control.
Side effects of medication	Able to minimise side effects appropriately	Explain side effects of medication and review with GP if resulting in non-compliance.	Pharmacist GP	Review of medication if s/e is intolerable.
Patient not receiving regular blood monitoring.	Patients receive appropriate checks for drugs.	Pharmacist reminds patient of need for regular blood checks.	Patient GP practice	Patient attends for checks every x months if on these drugs.
Patient unable to physically access medications due to RA.	Patient able to take medications.	Discuss why patient is unable to access medication and explore suitable options to overcome problems/barriers.	Pharmacist	Pharmacist and patient agree on suitable mechanism to aid patient to access medication e.g. non-CRC lids, easy twist caps.
Patient presents with fatigue.	Levels of fatigue is minimised.	Discuss importance and benefits of physical activity with patient and also need to rest inflamed joints.	Pharmacist Patient	Patient increases level of physical activity where appropriate and helps to reduce levels of fatigue.
	Increase level of physical activity.	Referral to local walking programme.		

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Increase level of pain or acute exacerbations.	Pain level and discomfort reduced.	Discuss analgesia options for acute episodes.	Pharmacist	Patient is able to help undertake pharmaceutical and non-pharmacological steps to reduce pain and discomfort.
		Application of heat or cold to ease joint stiffness.		
Non attendance at annual review – not invited or declined.	Patient has annual review at surgery once/yr.	Reinforce need for annual review as medication may need altered as condition changed.	Pharmacist Patient GP/Practice Nurse.	Patient agrees to a review at surgery. Patient contacts practice for a review.
Patient not eating as well as before.	Patient's appetite and diet is appropriate for correct nutrition.	Discuss healthy dietary options in line with healthy lifestyle approach.	Patient	Patient agreed to adopt healthier diet.
	Encourage weight loss to help control pressure on joints if possible.			
	Diet includes appropriate calcium and Vit D intake to reduce bone loss.			
Patient using alternative therapy.	Alternative therapy is appropriate and use is known by clinicians.	Discuss use of OTC or alternative medications with patient.	Pharmacist	Patient informs GP and other clinicians of use of alternative medications.
Patient smokes.	Smoking stopped.	Reinforce how smoking affects the chest, heart and RA. Brief interventions to motivate patient to reduce or stop smoking.	Pharmacist Patient	Patient agrees to quit attempt and understands why so more motivated to succeed.
		Offer smoking cessation service in pharmacy.		
No flu immunisation. (If within at risk group).	Patient gets annual flu immunisation.	Promote recommendation.	Pharmacist Patient	Patient agrees to contact surgery to get the vaccination.

Points to note

- Patient may receive some drugs direct from the hospital and therefore, will not be dispensed on a GP10 or be on the GP records
- Frequency of blood monitoring will depend on the individual drugs