



Musculoskeletal Health and Arthritis Program

Arthritis

Overview

The Musculoskeletal Health and Arthritis (MHA) program at Toronto Western Hospital is a national leader in arthritis and related disorders, and internationally renowned for excellence in clinical care, clinical investigation, and basic research. Established in 1998, the Arthritis & Autoimmunity Research Centre, at University Health Network is Canada's most comprehensive arthritis research facility combining clinical and applied studies with basic science research.

Arthritis literally means inflammation of the joints. However, it actually encompasses more than 100 different conditions including various rheumatic diseases causing joint and musculoskeletal pain such as, rheumatoid arthritis, osteoarthritis, Sjogren's syndrome, gout, and regional pain disorders. These conditions may affect joints, muscles, tendons, ligaments, skin and internal organs.

Milestones/Innovations

- Creation and implementation of the Total Joint Network to reduce wait times for total hip and knee replacements. (2005)
- First Canadian report on the impact of arthritis (in conjunction with Health Canada) (2003)
- Core sites for national and international research networks eg. Spondyloarthritis Research Center of Canada (SPARCC) and Canadian Network for Improved Outcomes in Systemic Lupus (CANIOS)
- Awarded the only Arthritis Center of Excellence funding by the Arthritis Society of Ontario
- Amongst the largest clinical databases worldwide for lupus, psoriatic arthritis and spondylitis

Scope of Work

- Diagnosis and multidisciplinary management
- Hand clinic (treatment and rehabilitation)
- Rheumatology outpatient clinic (treatment and rehabilitation)
- Patient education
- Links to community resources, including rehabilitation institutions
- Pain management
- Total joint arthroplasty (replacement)
- Clinical Trials in Arthritis and Autoimmune Diseases
- Translational research, linking clinics with laboratories
- Basic and applied research

Integration of Care

Physicians, clinicians and other staff members in Arthritis and Related Disorders believe the best patient care involves the integration of modalities. Patients may receive care or consultation from:

- Orthopedic surgeons
- Rheumatologists
- Nurses
- Physiotherapists
- Occupational therapists
- Kinesiologists
- Pharmacists
- Dietitians
- Social workers

<p>Basic science research includes investigations into:</p> <ul style="list-style-type: none">• Molecular events contributing to rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, lupus, and osteoarthritis• Chemokines and chemokine receptors• Genetic factors in arthritis and autoimmunity• Environmental aspects of joint diseases and autoimmunity	<p>Clinical science research includes investigations into:</p> <ul style="list-style-type: none">• Process of care and outcomes of total joint arthroplasty.• Determinants of arthritis disability• Trends in health service utilization• The role of angiogenic factors in patients with rheumatoid arthritis• Development of and trials with new biologic agents• Prognostic markers• Gene expression profiles in arthritis• Occupational musculoskeletal injuries• Musculoskeletal traffic injuries
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