Do you think you have arthritis? Help is at your fingertip
Free Apple application, ArthritisID and ArthritisID PRO, were developed by Vancouver health experts

BY PAMELA FAYFEYMAN
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Two new mobile applications that help people with severe joint pain find out whether they have arthritis and show doctors how to examine patients for the condition are making their international debut.

The free Apple applications — ArthritisID for health consumers and ArthritisID PRO — were developed by Vancouver arthritis experts.

Oftentimes, people with arthritis report being asked to fill in surveys by pharmacists, family doctors, physical therapists and patients that they were buried under handouts. Hence the app.

Arthritis is one of the most common chronic health conditions among Canadians. The app is in English and汉语 and ensures an arthritis screening tool to help users answer for themselves if they may have some form of arthritis. It also contains prevention and treatment strategies as well as information on exercise, diet and nutrition for protecting joint health.

The version for doctors and other health professionals has an interactive screening tool. The best practice (evidence-based) guidelines for diagnosing and treating arthritis, five educational videos to show doctors how to do thorough joint examinations and all the information available to patients.

Eadele, a professor of medicine at both the University of B.C. and the University of Calgary, and early detection is important for patients but there is much a shortage of rheumatologists across Canada that it’s often impossible to get a timely diagnosis. As a result, he said it’s essential for family doctors to recognize the symptoms of the various types of arthritis to help patients the right advice about medications, prevention and lifestyle factors.

The professional version of the app has videos showing how to examine the joints properly. Many family doctors may not have ever learned how to do that,” he said, noting the apps are in both English and French. The videos demonstrate the proper techniques for doing a full body exam and close inspections of the knees, hips, shoulders and elbows.

Doctors who use the app quality for continuing medical education credits since it has been accredited by the College of Family Physicians of Canada, the body that sets standards for doctors’ credentials.

The app was developed by the Arthritis Research Centre of Canada, of which Eadele is scientific director, and Arthritis Consumer Experts, a patient education and advocacy organization that runs some of its funding from pharmaceutical companies.

Cheryl Kerha, president of Arthritis Consumer Experts and a co-developer of the software applications, said even though arthritis affects one out of every six Canadians, it is often a misunderstood condition.

See video with this story at

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The new app will be those people who have arthritis.