



experience · perspective · voice

Pregnancy & Parenting with Arthritis: Developing a Resource for Patients by Patients

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Board Member & 2nd Vice-President
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Who is CAPA?

- Virtual, patient-driven, volunteer national arthritis advocacy organization
- CAPA is about: education, awareness, collaboration & advocacy

Resources

Position
Papers

Projects



“Those affected by the decision must be involved in making the decision”

www.arthritispatient.ca



Why a focus on pregnancy and parenting?



Few resources exist to help people with arthritis navigate these important, life-changing decisions

Pregnancy & Parenting with Arthritis Project

Phase 1

Survey to identify
information
needs

~150 responses

Top Issues

1. Medication safety during pregnancy
2. Medication safety during breastfeeding
3. Dealing with fatigue and flares
4. Physical care of children

Pregnancy & Parenting with Arthritis Project

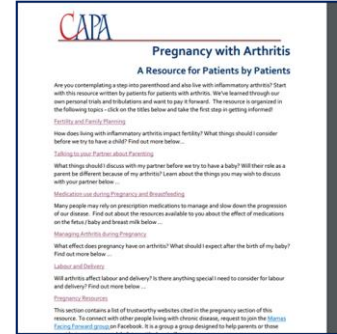
Phase
2

Educational resource developed

Medical review by rheumatologist and occupational therapist / researchers

Dr. Evelyne Vinet
(McGill University, Montreal, Canada)

Dr. Catherine Backman
(University of British Columbia,
Vancouver, Canada)



Resource Topics

www.arthritispatient.ca/pregnancy-parenting

Pregnancy

- Fertility and Family planning
- Talking to your Partner
- Medication use
- Managing arthritis
- Labour & Delivery
- Resources

Parenting

- Physical care of children
- Dealing with Fatigue & Flares
- Impact on Children
- Resources

Advice provided by patients

Consult with your healthcare team and be honest about how you're doing. There is no shame in asking for help.

Unfortunately with some of the newer medications, there are no black and white answers...

...In all, we only had 7 months to try and conceive. I have to say, they were the most stressful, emotionally draining and painful months of my life.

Even though my hands and wrists are badly deformed, I found my way to do everything for them. And most of hold them close and give them that unconditional love...

Next Steps

- Communication of the resource to patients and health care professionals
- Advocacy re: medication use during pregnancy and breastfeeding
- Thank you to various supporters and contributors