



Canadian Arthritis
Patient Alliance

2023 Strategic Plan

ourbelief

The Canadian Arthritis Patient Alliance (CAPA) is Canada's only independent, volunteer-based arthritis patient organization run by patients for patients. CAPA supports a community of people living with arthritis across the nation, believing that the first expert on arthritis is the person who lives with arthritis. Individuals with arthritis provide a critical voice and perspective that needs to be heard in research, clinical care, and decision-making.

ourgoals

CAPA uses the power of information, research, and communication to help people living with arthritis find their voice and to support others. The following goals guide CAPA's activities:

1. Help patients: understand arthritis, manage their health, and contribute to decision-making.
2. Advocate for patient access to treatments, health care professionals, and services.
3. Build awareness about arthritis including the impact on people with arthritis and their families, the health care system, and society.
4. Ensure patients are involved in decision-making, such as co-producing arthritis research, clinical care, health care and social policies, and other policies (as appropriate) that impact the arthritis community.



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whatwedo

Many people think arthritis only affects older people, or that it is merely a word for aches and pains. At CAPA, we work to clear up these misconceptions to create a better Canada for people living with arthritis and for those who support them. Arthritis is a number of debilitating diseases which may affect Canadians of all ages and backgrounds. By collecting and producing patient resources and policy papers, and carrying out various outreach projects, CAPA seeks to educate and empower people living with arthritis so they can continue to positively contribute to society and improve their health care experiences. CAPA communicates its work and information in many ways: [website](#), [monthly newsletters](#), [Facebook](#), [Twitter](#), [YouTube](#), and [Instagram](#). CAPA has a [Medical Advisory Committee](#) that reviews our resources to ensure information is based on the scientific evidence.

CAPA's goals are achieved through collaboration and partnership with other patient organizations, representatives from government, policymakers, researchers, healthcare professionals, industry, not-for-profit organizations, and other individuals and organizations. We welcome all Canadians with and affected by arthritis and those who support CAPA's goals to join our community. The work of our organization is supported by a strong and effective virtual organization, and we continue to find opportunities to streamline our operations, diversify funding sources, and explore the costs and benefits of seeking charitable status.

ourplan2023

We believe that CAPA has continued to deliver on its strategic plan and goals, and continues to achieve progress as a small, volunteer-based organization. Each year we develop our own independent projects where we see gaps and opportunities for people living with arthritis. Our plan for 2023 is outlined below according to our goals.



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ourpriorities

One | **Help patients: understand arthritis, manage their health, and contribute to decision-making.**

Strategic Actions:

- 1 Develop and launch a resource about assistive devices and other aids to help people with arthritis in activities of daily living.
 - 2 Continue to develop monthly newsletters for our community, reach out to our community through social media and disseminate existing CAPA educational resources to the community.
 - 3 Offer a new webinar series “CAPA Connects” based on the needs of people with arthritis with a special focus on support in a world where COVID-19 exists.
 - 4 Expand on the “Make Rheum for Youth” project by developing a youth programming series with blog posts, videos, and Instagram live events about managing rheumatic disease in collaboration with [Take a Pain Check Foundation](#).
 - 5 Undertake a membership survey to learn how members may wish to be more engaged or how we can best meet their needs.
 - 6 Expand on the pain management videos to highlight other CAPA members.
 - 7 Develop a series of videos about weighing the benefits and risks of treatments.
 - 8 Develop resources about common diagnostic tests used in inflammatory arthritis to help patients actively manage their disease (collaboration with [Dragon Claw](#)).
 - 9 Develop a comprehensive set of patient resources about vaccination.
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Two | Advocate for patient access to treatments, health care professionals, and services.

Strategic Actions:

- 1** Provide patient input submissions for arthritis prescription medications and other reviews to CADTH and attend the annual symposium.
 - 2** Increase engagement with the pan-Canadian Pharmaceutical Alliance (pCPA) and provincial drug plan managers about arthritis medications.
 - 3** Provide policy submissions for topics of interest to people living with arthritis, such as drug pricing, pain management, health policy regulation, public and private insurance, drug shortages, Canada Disability Benefit, medical cannabis, and other key topics, as needed.
 - 4** Present at key health conferences like the Canadian Rheumatology Association annual meeting, Arthritis Health Professions Association meeting, and other key health policy and research meetings in Canada and internationally.
 - 5** Explore opportunities to engage the arthritis community, researchers, and policy makers, to continue our work around sexual and reproductive health.
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Three | **Build awareness about arthritis including the impact on people with arthritis and their families, the health care system, and society.**

Strategic Actions:

- 1 Work with our strategic partner, Arthritis Society Canada, in supporting people with arthritis by collaborating on policy submissions, working together on educational programming, etc.
 - 2 Develop and implement an outreach and social media strategy to raise the profile of arthritis throughout the year.
 - 3 Start to develop relationships with organizations that reflect the diversity of the Canada to ensure resources and materials reflect and address the needs of our community.
 - 4 Recruit new board members considering the diversity of Canada and the arthritis community.
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Four | **Ensure patients are involved in decision-making, such as co-producing arthritis research, clinical care, health care and social policies, and other policies (as appropriate) that impact the arthritis community.**

Strategic Actions:

- 1 Continue to support the cohort of newly trained patient partners in research and match these individuals to new and existing research projects.
- 2 Expand on our patient partner in research program to provide continued learning opportunities to support patient leadership in research.



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- 3 Develop educational materials to help CAPA members understand the drug approval and reimbursement policy making process in Canada, including a description of federal organizations involved in making decisions (e.g., Canadian Agency for Drugs and Technologies in Health (CADTH), pCPA).
 - 4 Recruit and mentor new community members to learn about advocacy in drug policy in order to expand the community of patient leaders.
 - 5 Continue to participate in working groups and committees relating to health policy, such as the Best Medicines Coalition (BMC) drug pricing and drug policy working groups, Health Canada Data Working Group, treatment guidelines, etc.
 - 6 Continue to match patient partners to research projects relevant to our community.
 - 7 Survey our community about their needs and experiences in relation to patient support programs (PSP's) and communicate findings.
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