

# What is really bothering my patient?

Sarah Dalton, patient

# Presentation pointers

- ▶ My story
- ▶ Personal challenges (which I have overcome!)
- ▶ How I was supported by professionals and our community
- ▶ My thoughts on treatment moving forward

# My story

- ▶ Diagnosed at 13 years old with psoriatic arthritis.
- ▶ My mother is a paediatric physiotherapist who works with children with JIA.
- ▶ My diagnosis created the ‘Dream Team’

# Arthritis and me: the challenges and my support network



- ▶ My support network
- ▶ My rheumatologist
- ▶ The Children's Chronic Arthritis Association (CCAA)
  - ▶ Support families
  - ▶ Create an understanding environment for young people

# What is really bothering my patient? Creating a healthy, productive functional relationship.

- ▶ Creating an environment based on honesty and empathy
- ▶ Education, education, education!
- ▶ Understand the why and the how behind steps in treatment
- ▶ Support groups
- ▶ Transitional support
  - ▶ Meeting the adult team
  - ▶ Self management of arthritis

Thank you for listening