**Established Inflammatory Arthritis (Long Term Conditions Strategy)**

**Refer to MSK Rheumatology Service**

For all follow-ups

For flares (rapid access) or review of DMARDS

For assessment for self-management programme

**Management**

Patient education and advice

Shared Care Protocol DMARD management

Review analgesia

Consider IM Depomedrone for flares but also alert Integrated MSK Service

Review diagnosis and existing care plan

Two or more painful joints

Early morning stiffness for 30 minutes (often diurnal)

Duration is more than 6 weeks

Single or several joint pain small / large joints involved and swelling in hands and feet

Fatigue, Visual Analogue Scale pain score may be helpful, sleep pattern

History of previous and current management

Check patient knowledge of disease

Check for cardiovascular risk factors (including HbA1C/lipids) and treat accordingly

Rule out

Red flags