### Clinical Condition

<table>
<thead>
<tr>
<th>Eligibility</th>
<th>Rheumatological/Rehabilitation</th>
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<tbody>
<tr>
<td>Established diagnosis of an inflammatory arthritis requiring specialist opinion or supervision of disease-modifying therapy. The Rheumatology service is not resourced to provide second opinions for patients already under the care of other rheumatologists</td>
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</tbody>
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### Priority

**Non-urgent:**
Referrals should be faxed to 08 8222 5895

### Differential Diagnoses

- Chronic Arthritis
- RA
- ankylosing spondylitis
- psoriatic arthritis
- polyarticular gout
- multi-joint OA

### Information required with referral

- Established diagnosis.
- Acute on chronic symptoms
- Progressive worsening of disability.
- Threat to independence.
- Difficulty with primary economic activity.
- Need for help with self-management.
- Potential eligibility for new treatments requiring specialist access

Other medical & allied health practitioners the patient has seen concerning this problem

### Investigations required with referral

- CBE, U&E, LFT, ESR, CRP, RF, CCP, ANA, xrays hands and feet

### Pre-Referral management strategies (information required with referral)

- Education (Arthritis Australia – Moving Towards Wellness course).
- Physical therapy.
- Occupational Therapy Assessment (including work options).
- Self Management Skills.
- Lifestyles counselling.
- Orthotic Assessment.

### Discharge Criteria/information

If no DMARDs required

Red flags that should trigger referral back for review:
- Acute on chronic symptoms
- Progressive worsening of disability.
- Threat to independence.
- Difficulty with primary economic activity.
- Need for help with self-management.

### Fact sheets

- Osteoarthritis fact sheet
- Arthritis Australia – Moving Towards Wellness course

Refer to [www.rheumatology.org.au/community/PatientMedicineInformation.asp](http://www.rheumatology.org.au/community/PatientMedicineInformation.asp)