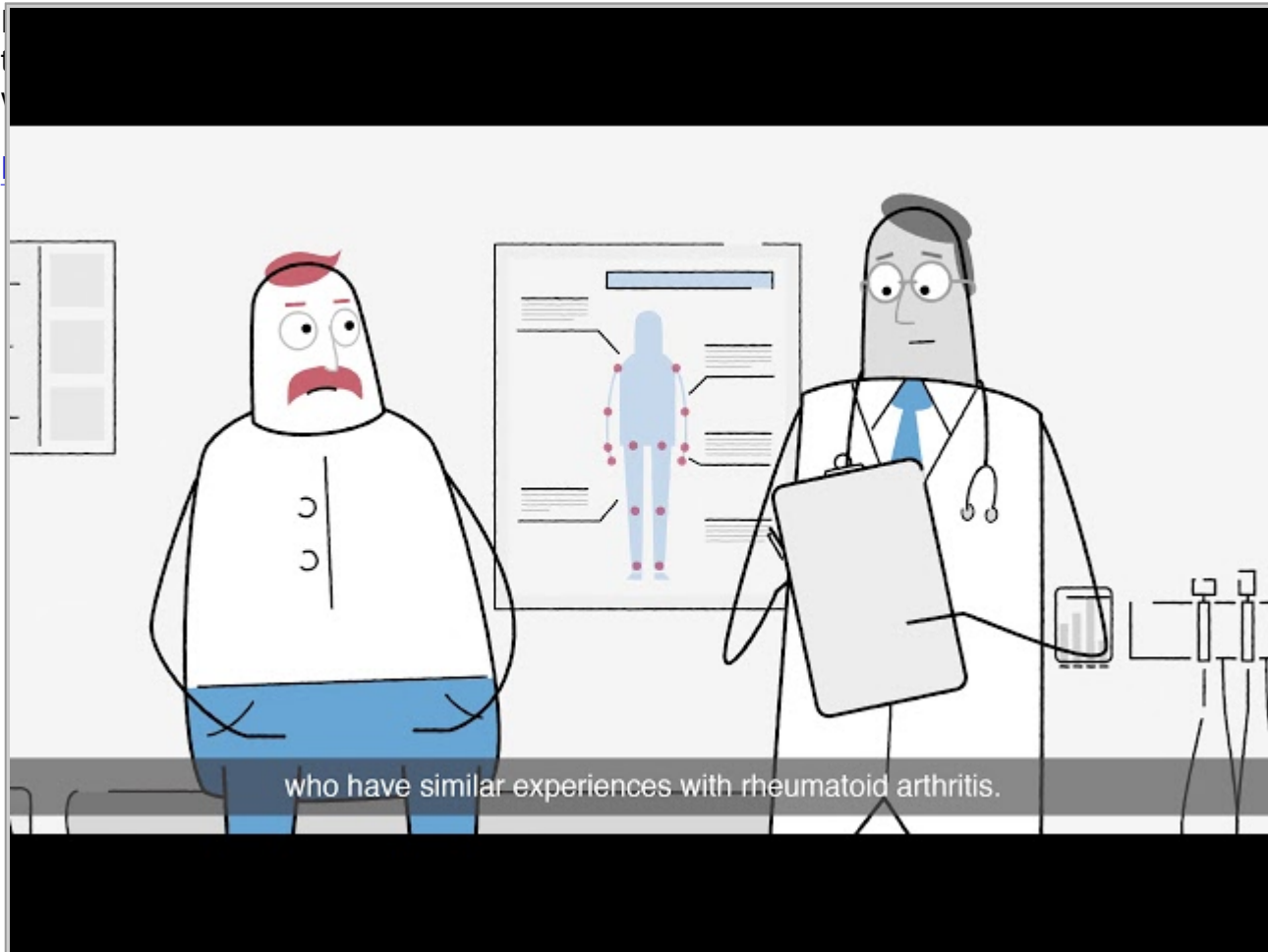


Resource

## Your Healthcare Team



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Video on how to talk to your Health Care Provider about rheumatoid arthritis

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The following table shows the team of experts who will help you with your rheumatoid arthritis:

## Who's who in your healthcare team

### Your GP (family doctor)

Your first port of call when symptoms develop.

### Consultant rheumatologist

Makes the initial diagnosis and leads the team planning and monitoring your treatment and ongoing care.

### Rheumatology specialist nurse/ nurse practitioner

The link between you and other members of the team. Offers advice and support on all aspects of life with RA. Usually run telephone advice lines, too.

### Physiotherapist

Helps you maintain the strength and function of your joints and muscles through exercise and movement.

### Occupational therapist (OT)

Helps you find new ways of doing everyday tasks at home and in the workplace. Can make splints for affected joints.

### Podiatrist (or chiropodist)

Helps with problems with feet and ankles. Works with an Orthotist to adapt shoes, where needed.

### Phlebotomist

The person who takes blood samples for testing and analysis.

# YOU

The most important  
member of the team

### Radiographer

Responsible for taking X-rays, MRI scans and ultrasound.

### Pharmacist

The person who dispenses your drug prescriptions, can advise on medications and carry out annual medicine use reviews (MUR).

### Dietitian

Can help you adopt a healthy diet and maintain a healthy weight.

### Psychologist or counsellor

Helps you deal with the emotional aspects of life with RA, including low mood, depression and anxiety.

### Voluntary organisation

Organisations such as ourselves (NRAS) and others can help with information, education and support and put you in touch with other people with RA.

### Social worker

Helps with benefits, housing and care at home.

### Orthopaedic surgeon

A doctor you will only see if you need an operation on your bones or joints or a surgical opinion.

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## [Article](#)

### [How NRAS can help](#)

[We like to think of NRAS as your 'one-stop-shop' with a range of services which can be tailored to your specific needs.](#)

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