

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.

ing Better with RA' and will be updated in line with the



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[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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