

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

<b>Your GP (family doctor)</b> Your first port of call when symptoms develop.	<b>Consultant rheumatologist</b> Makes the initial diagnosis and leads the team planning and monitoring your treatment and ongoing care.	<b>Rheumatology specialist nurse/ nurse practitioner</b> 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.
<b>Physiotherapist</b> Helps you maintain the strength and function of your joints and muscles through exercise and movement.	<b>Occupational therapist (OT)</b> Helps you find new ways of doing everyday tasks at home and in the workplace. Can make splints for affected joints.	<b>Podiatrist (or chiropodist)</b> Helps with problems with feet and ankles. Works with an Orthotist to adapt shoes, where needed.
<b>Phlebotomist</b> The person who takes blood samples for testing and analysis.	<b>YOU</b> The most important member of the team	<b>Radiographer</b> Responsible for taking X-rays, MRI scans and ultrasound.
<b>Pharmacist</b> The person who dispenses your drug prescriptions, can advise on medications and carry out annual medicine use reviews (MUR).	<b>Dietitian</b> Can help you adopt a healthy diet and maintain a healthy weight.	<b>Psychologist or counsellor</b> Helps you deal with the emotional aspects of life with RA, including low mood, depression and anxiety.
<b>Voluntary organisation</b> Organisations such as ourselves (NRAS) and others can help with information, education and support and put you in touch with other people with RA.	<b>Social worker</b> Helps with benefits, housing and care at home.	<b>Orthopaedic surgeon</b> 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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