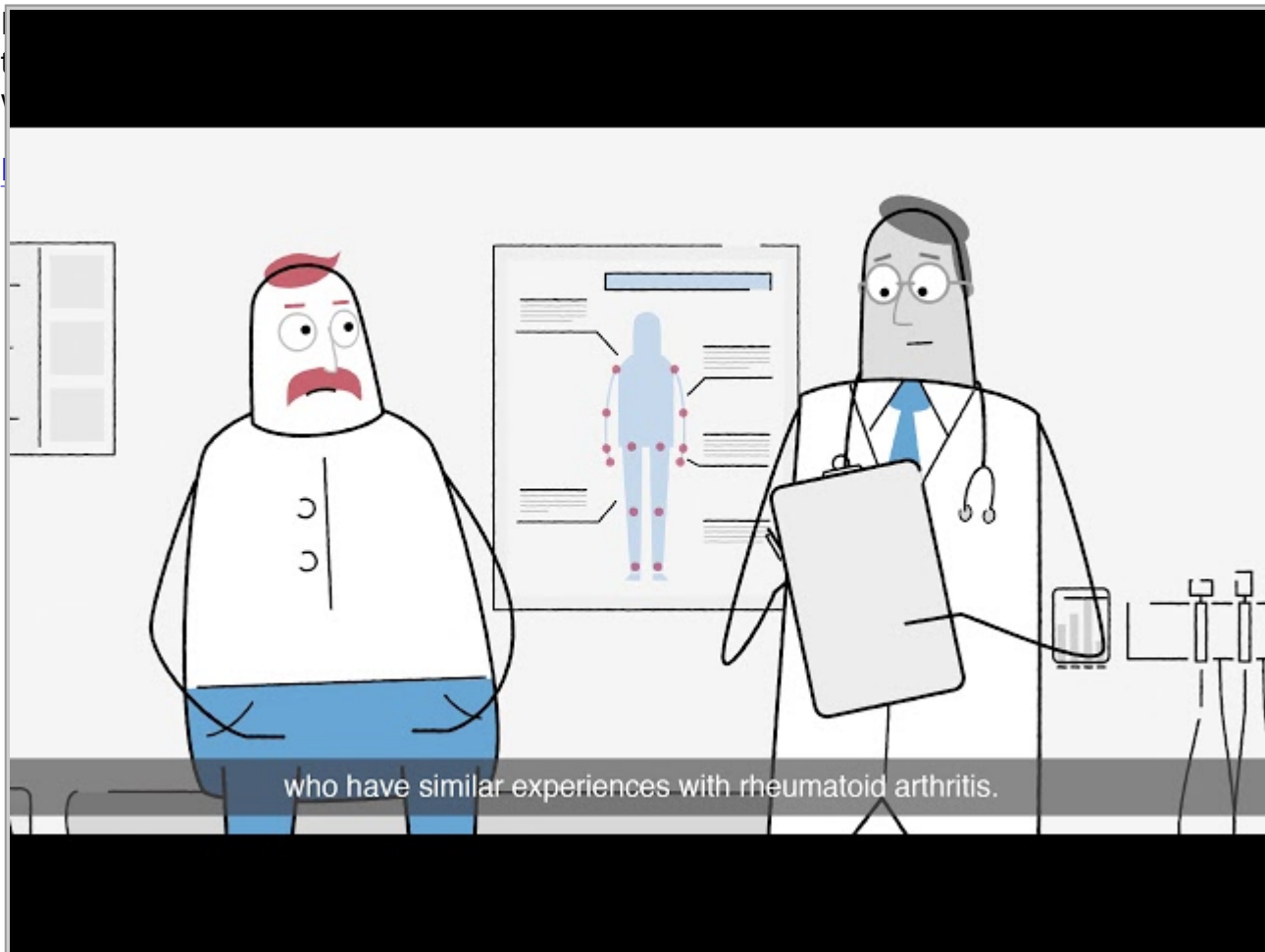


Resource

## Your Healthcare Team



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roles are

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

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nras  
National Rheumatoid  
Arthritis Society



## Positive partnerships: You and your rheumatology team

This video is broken up into bitesize chunks, to offer you tips on how to get the best possible partnership with your rheumatology team, so make decisions on your care together.

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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.

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



## Article

### Rheumatology Consultants and the use of telemedicine

Telemedicine, or doing healthcare from a distance can be done in many ways from a phone conversation with a medical professional to online communications with video conferencing, emailing and Smartphone apps.

## Article

### Rheumatology Specialist Nurse

You will undoubtedly receive support from your family members and friends, but the rheumatology e support at diagnosis, through the early stages and later



[Article](#)

## [Podiatrist](#)



[and treat disorders, diseases and deformities of the feet  
timely care.](#)

[Article](#)

## [Occupational therapist](#)



[pport to empower you to facilitate recovery and overcome  
vities \(or occupations\) that matter to you.](#)

[Article](#)

## Physiotherapist

The physiotherapist plays a role in the assessment of physical fitness. They may well suggest an exercise programme to keep you active and advise on your day-to-day physical activities, including your role at work.

### Article

## Pharmacist



can really help you to manage your condition. For  
ent types of pain relief you may be using.

### 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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