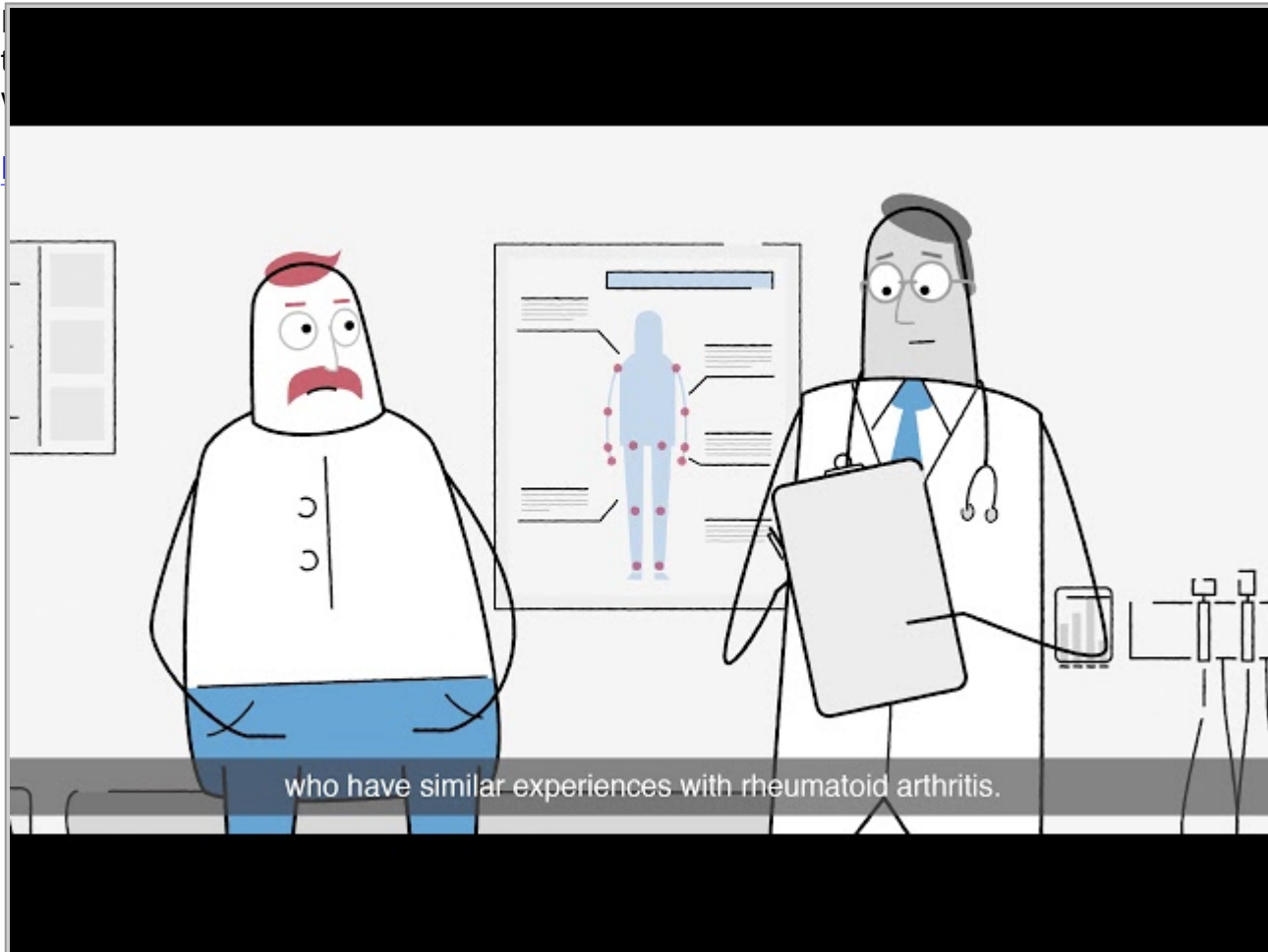


Resource

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



[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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