

SETTING

Podiatry Clinic

PATIENT

You are 76 years old and have rheumatoid arthritis in your right foot. Last week you had a final fitting for your orthotic, which you have been using since then. This is a follow-up appointment to check the effectiveness of the orthotic.

TASK

- When asked, say that your orthotic has improved your symptoms slightly, and it is quite comfortable, but by the end of the day you are relieved to take it off.
- Admit that you haven't really been following the podiatrist's advice on when to wear the orthotic. Say you thought you could improve the symptoms more or even cure the arthritis if you wore it more often.
- Say that maybe orthotics aren't the best treatment for your arthritis.
- Ask if there are any other ways you can relieve your arthritis symptoms.
- Agree to follow the guidelines on orthotic use and think about attending an education group.

SETTING

Podiatry Clinic

PODIATRIST

You see a 76-year-old patient with rheumatoid arthritis in his/her right foot. Last week the patient had a final fitting for an orthotic, which he/she has been using since then. This is a follow-up appointment to check the effectiveness of the orthotic.

TASK

- Find out about the effectiveness of the orthotic (improvement in symptoms, comfort, etc.).
- Find out about patient's compliance with recommended orthotic use (e.g., gradual increase: a few hours per day for a week, then morning and afternoon, etc.).
- Explain the purpose of the orthotic (e.g., longer term support/comfort, arthritis won't be cured, etc.). Stress the importance of following usage guidelines.
- Reassure the patient about orthotic use (e.g., individual assessment, follow established guidelines, evidence-based research, etc.).
- Make recommendations to relieve arthritis symptoms (a salt bath, stretching legs/feet/toes, appropriate footwear, e.g., wide shoes, no bare feet, etc.). Suggest attending RA education groups (self-help strategies, exercise guidance, foot/leg anatomy, etc.).