Care pathway for suspected Inflammatory Arthritis

Synovitis of small joints of hands and feet
> 3 joints affected
> 6 weeks from onset of symptoms
Early morning stiffness > 60 mins
Abnormal ESR/CRP
Rheumatoid factor (may be normal)
X-rays hands and feet (may be normal)

Refer to Rheumatology
Early Arthritis Clinic

Confirm diagnosis
Commence treatment
Disease modifying drugs (DMARDs)
Multidisciplinary team review
Aim for DAS28 <2.6

Clinical remission
Shared care with GP
Annual review
DAWN monitoring

Acute Flare Clinic
Rheumatology Helpline

Complex RA
Biologic treatments
Ongoing secondary care

Care pathway developed by Rheumatology Working Group with Primary Care involvement August 2009.
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