

- Arthritis researcher wins prestigious Parr Prize
- Life changing experience in North Queensland
- Managing your arthritis

# joint news

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## Regional visits relieve pressure for families

**During April of this year Arthritis Queensland educators together with Dr Navid Adib, Queensland's only paediatric rheumatologist, facilitated clinics in North Queensland. Children with Juvenile Idiopathic Arthritis (JIA) were able to have consultations with Dr Adib without making their usual tracks to Brisbane. Clinics were held in Gladstone, Mackay, Townsville and Cairns.**

Dr Adib founded Queensland Paediatric Rheumatology Services (QPRS) in 2007, based at the Wesley Hospital. In May 2007, Dr Adib commenced working at the Royal Children's Hospital (RCH) as a Visiting Medical Officer and conducts both public and private clinics. Dr Adib accepted the nomination to join the Board of Arthritis Queensland in 2008.

RCH also provides a theatre list for paediatric rheumatology services every second month. This service provides access to rheumatological surgical procedures for public patients free of charge.

In 2009, Arthritis Queensland organised the first round of regional paediatric clinics. These outreach clinics were designed to provide access to specialist multidisciplinary paediatric rheumatology clinics for children and families living outside Brisbane. These specialist paediatric services are limited in availability in regional and rural Queensland.

Peter and Leanne Pearce live in Gladstone with their 3 daughters. Like most modern families, Peter and Leanne are both very busy with work and coordinating normal family life. Emma, their youngest daughter aged 6, has a form of



Talking arthritis treatment, Dr Navid Adib and Patrick Thompson in Cairns

juvenile arthritis. So, for Peter and Leanne these local clinics are a "Godsend". Because of Emma's condition they otherwise have to plan visits to Dr Adib in Brisbane every 3 months to stay on track with Emma's treatments.

Having the clinic run in their local community gives them the luxury of simply taking the hour or so off they need to visit the clinic. This is in stark contrast to their Brisbane trips.

The Pearce's normally put aside 3 days to drive to Brisbane for Emma to see Dr Adib, every 3 months.

The round trip can actually take up to 16 hours. Because of Emma's condition, they need to stop every hour to avoid Emma's joints stiffening and her muscles becoming cramped.

Besides the potential physical stress of the journey on Emma, the disruption to their lives is immense. Emma needs to take days off school. Peter and Leanne also need time off work. And, they need to organise overnight care for their other daughters. If this care isn't available the older girls also need to take time off school to join them on the trip.

“This further impacts on the lives of the older girls, with Samantha (11) who got picked in the Port Curtis representative Netball, and Rebekah (14) who made the state under 15 Volleyball Team”, Peter said.

It was wonderful to see Peter and Leanne recently when they dropped into Arthritis Queensland on one of their return trips to Gladstone. These trips are usually broken up with an overnight stay at Gympie with Emma’s grandparents. Emma had just been to see Dr Adib and thankfully, he is very pleased with her progress, even dropping one of her injections.

Emma told us that she was tired from her swimming therapy session at Montrose Access earlier that day. Biscuits and milk seemed to help.

The regional clinics provide the direct opportunity for the local clinical teams to discuss individual patient management strategies. The local clinical teams included staff from medical, nursing, and physiotherapy, occupational therapy, psychology and education departments.

In addition, separate education seminars were provided for the clinical staff in the hospitals and the local general practitioners. Arthritis Queensland was also able to conduct public seminars in these regions with local orthopaedic surgeons and rheumatologists giving their time.

Arthritis Queensland organised medical and educational clinics for children with juvenile idiopathic arthritis (JIA) and their families. These clinics were made possible through funding received from the Department of Health & Ageing.

[Emma visiting Arthritis Queensland after seeing Dr Adib and having swimming therapy at Montrose Access](#)



## The following provides a guide to the current paediatric rheumatology services in Brisbane:

### Monday

Visiting Royal Children’s Hospital, Mater Children’s Hospital

### Tuesday

Alternate week public/private paediatric rheumatology clinic Royal Children’s Hospital

### Wednesday

New patient paediatric rheumatology clinic Royal Children’s Hospital

### Thursday

Private paediatric rheumatology clinic Wesley Hospital (Suite 13 Evan Thomson Building)

### Friday

Montrose Access multidisciplinary clinic (Corinda, Pine-Rivers, Gold Coast)

Mater Children’s Hospital Operating Theatre