



OrthoLink



A newsletter dedicated to bone and joint health

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and other information on events,
activities and programs that
support our mission.

Message from the Executive Director and CEO



I hope you are staying well in this unusual time. I'm writing this message from my home office - a new environment for many, I know, but par for the course for the COF. We have been a virtual organization for many years, so this is not new to my colleagues, Donna and Patti, and me.

Take the time to sit back and read the stories in this issue of *OrthoLink*. See how one woman is coping with the disappointing news of her cancelled surgery. I know many Canadians can relate, as elective surgeries are cancelled across the country due to COVID-19. You will find Kelly's story relatable and inspiring. We are providing an excerpt in this issue; I urge you to click the link to Kelly's full story on our website.

Read the message from Dr. Pierre Guy, our President and Chair of the Board, as he outlines how the Foundation is managing the swiftly changing environment, stepping up our services to patients, and continuing our crucial research support.

To all our readers - surgeons, patients, supporters and friends - we wish you all well as you cope with the challenges and changes in your life right now. And don't hesitate to reach out to Patti, Donna or me at any time.

Stay strong and healthy.

Isla Horvath

Message from the COF President and Chair of the Board



The entire world is feeling the impact of the COVID-19 pandemic, and the COF is not spared. I want to let you know how the Canadian Orthopaedic Foundation is doing, and want to thank all who support our cause.

From our Patient Program standpoint, we are stepping up to help orthopaedic patients in three ways: our virtual [library](#) is a much-used resource right now for people who need education and surgeon-approved advice, while waiting for or recovering from surgery.

Secondly, our Ortho Connect volunteers are stepping up to provide a compassionate ear to those whose surgeries have been postponed. Lastly, as proof that difficult times bring Canadians together, we have formed an alliance with the Arthritis Society to secure virtual one-on-one [support](#) to OA patients.

Our Research Program, an important part of our mandate, is continuing. This ensures that leading edge Canadian orthopaedic research continues to be funded. All awarded research grants are being honoured, as funds have already been secured to make them possible.

Our lean staff of three are working from the safety of their home offices, as they always have been, in our virtual Foundation. They carry on the important work of the COF. No adjustment needed!

Rest assured the Board of Directors, charged with good governance of the Foundation, is working overtime to monitor and react to the ever-changing charitable environment. Our Board of surgeons and professionals is committed to ensuring top-level management through this time.

Our biggest challenge, of course, is funding - like all charities in Canada, we are keenly aware that our donors simply might not have the funds available to give. We understand. For those who have donated and continue to donate to our cause, I wish to send my sincere thanks. Although said many times, it cannot be stressed enough that together we WILL get through this.

If you have any questions at all related to the COF's response to the COVID-19 pandemic, or any other input regarding the Foundation, don't hesitate to reach out to me through our Executive Director, Isla Horvath at isla@canorth.org; she will forward any messages directly to me.

I leave you with well wishes and guidance from my Provincial Health Officer:

"Be Calm, Be Kind, Be Safe." - Dr Bonnie Henry

Sincere thanks for your support.

Pierre Guy

Pierre Guy, MD

Holding on to hope in a difficult time

by Isla Horvath



Kelly Pattison is one of the most positive people I have spoken to recently. If you ask her, I don't think she would agree; she would just tell you she is doing all she can to get through right now.

In this time of uncertainty in our world, Kelly is living with the pain of arthritis, the dashed hopes that she could get rid of that pain, and fear for the future.

This bright 55-year-old mother of five - including 2 very busy 16-year-old twin daughters - lives in Stoney Creek, Ontario. She worked as a nurse in the pediatric/neonatal unit of a busy Southwestern Ontario hospital for 26 years, then spent time as a nurse in the OR at a fertility clinic. Now, she works with her partner, running a busy national office, with

branches across Canada.

Kelly began having pain in 2016. A fit, flexible person who worked out with weights, rode her bike and walked or hiked 5 - 10 kilometers, 3 - 5 times per week, Kelly was dismayed to experience pain after movement. By the fall of 2017, she had markedly increased pain and decreased range of motion.

An x-ray in September 2019 showed severe bilateral degenerative osteoarthritis. It had advanced rapidly in just two years. Kelly started on a regime of pain and sleep medications, including opioids.

In January this year, Kelly saw an orthopaedic surgeon, who recommended hip replacement surgery. "I was excited," she says. "This was a light at the end of the tunnel, something to aim for despite the decrease in quality of life."

Kelly was enrolled in the COF's GLA:D™ Canada program, an exercise and education program for those with osteoarthritis, attending physiotherapy three days a week. The program helped with her pain. And to prepare for surgery, Kelly reached out to the COF, through the Ortho Connect program. Here, she connected with COF volunteer Julie-Anne, a young woman, like Kelly, with children and a busy life, facing life-changing orthopaedic surgery.

"Julie-Anne gave me hope," says Kelly. "She had a similar mindset to me: you can't stop. She was on the other side of surgery and doing well. This gave me hope for myself."

And then, COVID-19 hit the world, and elective surgeries were postponed - including Kelly's. She says, "It was like the light at the end of the tunnel went out." Kelly feared she would not see the end of her pain.

Always a fighter, and always tough, Kelly started reaching out for help. She contacted her orthopaedic surgeon, who advised her to continue to do the exercises that her pre-surgery team had outlined. She continued with her GLA:D® exercises to build her muscles.

Kelly is trying not to despair, but it's not easy. She says, "I feel trapped within my own body and trapped by COVID-19, isolated and alone; but my mind is free, active and strong ... a very challenging time, for isolation from movement as well as from society breeds sadness and anxiety. My mind and spirit need to be exercised just as much as my joints and muscles."

So, when I say that Kelly Pattison is a positive person, I mean it. She has faced pain and set-backs, but through it all she continues to look for answers and support.

Kelly is not a person to give up. She is strong. She will do all she can to get through this unprecedented time in history, and look for her light at the end of the tunnel, doing what she can to alleviate pain while she prepares for orthopaedic surgery. We wish her well.

Read Kelly's full story [here](#).



Dealing with arthritis during the pandemic - support is available

Many people are waiting for joint replacement surgery, only to find that due to the COVID-19 pandemic surgeries have been cancelled. They are wondering what to do now, without physical support.

The COF has arranged access to a program offered by the Arthritis Society which might help. Please note, this program is available in Ontario through funding from the Ontario Ministry of Health.

The **Arthritis Society's** Arthritis Rehabilitation and Education Program (AREP) provides customized service for people with arthritis using **virtual tools**.



Anyone with a diagnosis of arthritis is welcome to self-refer by calling **1-800-321-1433** ext. **3381** or by emailing arep@arthritis.ca.

Virtual care will be delivered by whatever method works best for the individual: **telephone, email** and/or **personal video**.

Patients can call directly; or surgeons can refer their patients. Call AREP at **1-800-321-1433** ext. **3381** and leave a message for an Assistant who can set up a virtual appointment with one of the Arthritis Society's clinicians.

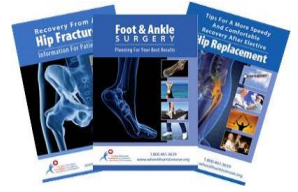
Read more [here](#).

The COF thanks the Arthritis Society for continuing to support those with arthritis when in-person services might not be available.

Our library is always open

Whether you are preparing for surgery, recovering from it, or just wanting to know more about bone and joint health, we've got you covered. The Canadian Orthopaedic Foundation offers a virtual library of booklets, fact sheets and videos - all totally free, and all ready to view in the comfort of your home.

Check out our [resources](#) any time.



COF: Supporting Orthopaedic Research

This spring, several COF Research Review Panels have been hard at work reviewing applications to our many research competitions. As always, the Board of Directors carefully considers the Panels' recommendations and approves grants and awards based on funds available.

COF grants funding will continue, as funds have been secured to ensure the ongoing vitality of our research programs. We have approved some grants already: our J. Édouard Samson award, and some CORL grants, for example. Other review panels are meeting now to review the Community Innovation Award, and new this year, the first shoulder/elbow research grant, presented in collaboration with the Canadian Shoulder and Elbow Society. And our scholarships and best paper awards - Bones and Phones, Robin Richards Award for Upper Extremity Research - are currently being adjudicated.

Watch for the Summer issue of *OrthoLink* to read about the successful applicants. And special thanks to our donors for enabling us to continue this important program.

To COF Volunteers: THANK YOU

April 19 - 25 is National Volunteer Week with this theme: "It's time to applaud this country's volunteers." **Now, more than ever**, we applaud our volunteers across Canada.

Thanks to our **Board of Directors** for contributing extra time to manage through a challenging and changing environment. **Thanks** to **Ortho Connect volunteers** who are being called into action, as many surgeries are postponed and patients need a friendly ear for support. **Thanks** to our **Research Panels**; with a new research award, and increased applications, our reviewers are working extra hard. **Thanks** to **fundraising volunteers**, working to re-imagine fundraising events in this constantly shifting environment, to ensure the COF has the resources it needs to continue its programs.

To all of our volunteers, **THANK YOU** for spending your time and donating your skills to the Canadian Orthopaedic Foundation. Full story [here](#).



Stay Informed



Did you know that the Canadian Orthopaedic Foundation has an active Twitter feed? Every day we tweet tips for bones and joints: how to maintain bone and joint health, how to return to mobility following surgery, preparing for surgery, to name a few. We tweet about COF activities: upcoming fundraising events, new communications materials, and more. We share information on our research award recipients: what projects are researchers working on to advance orthopaedics in Canada? What are the deadlines to apply for research awards?

Don't miss out on this information source. Follow us on Twitter: twitter.com/CanOrthoFound

Bad to the Bone Golf Tournament

Each year at this time the COF is planning the Bassin *Bad to the Bone Charity Golf Classic*. Due to physical distancing procedures, the July 13th event will not take place. We are looking at ways to re-envision the 9th Annual tournament.

Follow us on [Twitter](#) or check in with our website sporadically for any updates.





The Canadian Orthopaedic Foundation, through its knowledge translation division Bone and Joint Canada, offers the GLA:D™ Canada program for people with hip or knee osteoarthritis. Clinicians are trained to deliver the program in rehabilitation clinics across Canada.

During this time of physical distancing, rehabilitation clinics are closed therefore face-to-face programs have been suspended. However, as people are isolated in their homes, many are experiencing increased symptoms from their hip and knee osteoarthritis. As such, many of the clinics are now providing the program remotely through visual technology on a smart phone, tablet or laptop. Further information can be found at the [GLA:D™ Canada website](#). Anyone who is interested in participating in the program should reach out to their local clinic to see if they are providing the program remotely, or can contact the GLA:D™ Canada national team (gladcanada.info@gmail.com) to identify a location.

GLA:D™ Canada courses which are offered to train new clinicians have been suspended through the spring and summer, and the GLA:D leadership team will monitor the COVID-19 situation to determine future courses in the fall.

Support the gift of pain free movement.

The Canadian Orthopaedic Foundation is Canada's only health charity dedicated solely to helping people to maintain and restore their bone and joint, or orthopaedic, health. Created by Canada's orthopaedic surgeons, the Foundation has three main programs: research (uncovering new and improved surgical and treatment procedures), education (booklets and videos to guide patients through their orthopaedic journey) and care (through connecting patients with volunteer mentors, and programs like GLA:D™ Canada).

Make your monthly or one-time donation by clicking the link below. Thank you for your important contribution.

Your donation matters.

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