



LIVING WITH ARTHRITIS - WHO IS IN YOUR HEALTH TEAM?

This will vary but will include:

- **General Practitioner - (GP or local doctor).** Your GP is usually your main provider of health care and your first point of contact. Your GP can make referrals to specialists as needed.
- **Practice Nurse -** Can provide information and support coordinating your care with other members of your health team.
- **Community Pharmacist -** can help you understand your medicines and how to use them safely and correctly.
- **Arthritis NZ -** Available to support you to understand how the health system works, your arthritis diagnosis and how to live well with arthritis. info@arthritis.org.nz or ph 0800 663 463.



You might also have Medical Specialists:

- **Rheumatologist -** is a doctor who specialises in diagnosis and medical treatment of joint, muscle and bone disorders. www.rheumatology.org.nz
- **Musculoskeletal Specialists -** are doctors that assess and treat disorders of the Musculoskeletal system. www.nzamm.org.nz
- **Orthopaedic Surgeons -** specialise in diagnosis and surgical treatment of bone, muscle, and joint disorders. www.nzoa.org.nz





WHO IS IN YOUR HEALTH TEAM? CONTINUED

Allied health professionals:

Access to allied health professionals through the public system will vary across NZ from DHB to DHB. Some access to allied health professionals may also be possible through some GP practices.



Check with your GP or practice nurse in the first instance.

- **Dietitians** - are experts in food and nutrition and can provide advice about healthy eating for medical conditions. <https://dietitians.org.nz/find-a-dietitian>
- **Occupational Therapists** - can help you adapt your life to your condition, including activities of daily living and advice on useful aids or equipment. www.otnz.co.nz/find-an-occupationaltherapist
- **Physio Therapists** - can advise on exercise and may also use treatments to keep your joints and muscles flexible <https://physio.org.nz>
- **Podiatrists** - specialise in conditions affecting the feet. They can help with information around footwear, nail care and shoe inserts www.podiatristsboard.org.nz
- **Psychologists**- can help with tools to cope with difficult emotions www.psychology.org.nz

