

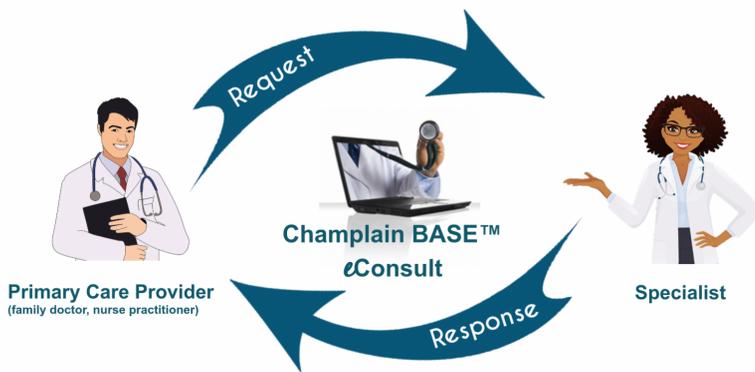
Rheumatology eConsults

Champlain BASE™

eConsult

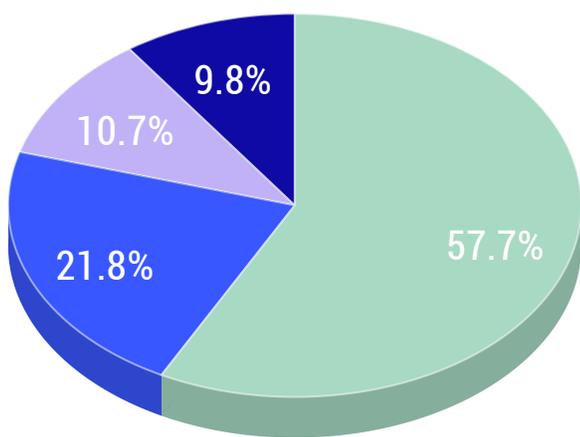


Champlain BASE™ eConsult service improves access to specialist care for patients by facilitating electronic communication between Primary Care Providers (PCPs) and specialists



From April 2011 to January 2015, **125 PCPs** directed **225 eConsults** to rheumatologists

Content of questions asked by PCPs % of eConsults



- Other* 57.7%
- Osteoporosis 21.8%
- Pain, multiple joints 10.7%
- Inflammatory polyarthritis 9.8%

*Topics included: osteoarthritis, rheumatoid arthritis; crystal arthropathy, gout; polymyalgia rheumatica; and fibromyalgia.



99% of cases took **20 minutes or less** to complete

Median response time was **1.9 days**



The most common questions from PCPs pertained to...



34% Drug Treatment

- Choice of drug
- Indications/goals of treatment
- Adverse effects of drug



26% Diagnosis

- Interpretation of a laboratory test, an image report, or a clinical finding



14% Management

- Necessity of a referral

eConsults provided PCPs with advice for a new or additional course of action

54%

43%

Current treatment plan was validated

38%

Referral was originally considered but **avoided** as a result of eConsult

Case Example

Day 1

PCP asks question about a male patient experiencing fatigue and pain. Patient has no history of inflamed joints and presents normal bloodwork. PCP suspects fibromyalgia and has prescribed lifestyle changes (reduced hours, more sleep, hydration) as well as pregabalin. PCP asks specialist for additional guidance and if referral is needed.

Day 2

Specialist approves of PCP's diagnosis and treatment plan, and does not think further investigation is needed. Specialist encourages PCP to emphasize the importance of lifestyle changes versus medication, and recommends a group program that may be helpful.

Day 5

PCP accepts the recommendation and closes the case.

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Reference: Rostom, K., Smith, C.D., Liddy, C., Afkham, A., & Keely, E. (2017). Improving Access to Rheumatologists: Use and Benefits of an Electronic Consultation Service. *The Journal of Rheumatology*, 45(1), 137-140.
<http://www.jrheum.org/content/45/1/137>

