



Australian
Rheumatology
Association

Clinical Resources Update

ARA Consumer Clinical Resources – share your go-to patient resources!

The ARA Clinical Resources Committee (CRC) is developing a central repository of evidence-based patient resources for various rheumatological conditions which will be hosted on the ARA website. This will allow rheumatologists to easily access and download materials to share with their patients.

The CRC is currently compiling a resource directory, organised by condition, with direct links to reputable, evidence-based resources. The long-term goal is to also provide translated versions to support culturally and linguistically diverse patient groups.

We are seeking your input! If you have trusted patient resources you regularly use, we'd love to hear from you. Sharing your "go-to" materials will help build a comprehensive library that benefits all ARA members and their patients.

Please email Jing Ye (ARA Clinical Project Officer project@rheumatology.org.au) with your preferred patient resources.

New RHSIG resources coming soon!

We're excited to share that the ARA Reproductive Health Special Interest Group (RHSIG) have in the pipeline several new patient resources to support reproductive health in rheumatology care. These include:

- SLE Medications in pregnancy – new patient resource for patients with SLE, drafted and in review
- Contraceptive Advice for Patients on Teratogenic Immunomodulators – GP Letter template – drafted and in review

Additionally, RHSIG is reviewing and updating the 'ARA Prescriber's Information on Medications in Pregnancy', incorporating recent updates from the EULAR pregnancy guidelines.

Once finalised, these resources will be made available in the Clinical Resources section of the ARA website.

For suggestions or feedback on RHSIG resources, please contact:

- Claire Barrett (claire.barrett@health.qld.gov.au) or
- Shikta Dey (abhishikta.dey@sydney.edu.au)
(RHSIG Co-Chairs)

Updated ARA patient medication leaflets

The following ARA patient medication leaflets have recently been reviewed and updated:



- Adalimumab
- Baricitinib
- Certolizumab
- Etanercept
- Golimumab
- IV Immunoglobulin
- Nintedanib
- Rituximab
- Upadacitinib.

These updated leaflets are available for download on the ARA website.

Medicine Today – Free access for ARA Members

Did you know ARA Members get full free online access to the entire Medicine Today Group suite of journals?

This peer-reviewed resource is a valuable investment and enables you to stay informed on medical advances, improves interdisciplinary care, enhances your ability to diagnose and manage comorbidities and, ultimately, leads to better patient care.

How to create your free ARA Member Account

- To access all online content from Medicine Today Group journals, create a one-time login by registering [here](#).
- Once you have created an account you can access the *Medicine Today* website and also navigate to the other journals and content [here](#).

If you have any suggestions for further ARA clinical resources or questions on any of the above, please contact Jing Ye, ARA Clinical Project Officer, project@rheumatology.org.au.

