TRAILINE'S CORNER: MANAGING CHRONIC DISEASE

Managing arthritis
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In general practice, managing arthritis of all types successfully requires careful consideration of the underlying causes of the disease, the treatments available, and the potential complications. The most common symptoms of arthritis are pain, swelling, and stiffness. Pain is usually the first symptom to appear, followed by stiffness and swelling. Swelling may occur in a joint or synovial sac, and it may be accompanied by pain or tenderness. Stiffness is usually limited to the morning hours, and it may persist for several hours. In severe cases, the stiffness may be present throughout the day.

Exercise is a valuable treatment for arthritis, but it is important to recognize that there are certain exercises that are more beneficial than others. Hot water baths and warm water exercises are valuable for the treatment of arthritis, but they should be avoided if the patient has a joint infection or a severe injury. Cold water exercises and hot packs are also valuable for the treatment of arthritis, but they should be avoided if the patient has a joint infection or a severe injury. Physical therapy is an important part of the treatment of arthritis, but it is important to recognize that there are certain exercises that are more beneficial than others. Hot water baths and warm water exercises are valuable for the treatment of arthritis, but they should be avoided if the patient has a joint infection or a severe injury. Cold water exercises and hot packs are also valuable for the treatment of arthritis, but they should be avoided if the patient has a joint infection or a severe injury.

Trained nurses in general practice are usually equipped to deal with minor cases of arthritis. For more severe cases, the patient should be referred to a specialist in rheumatology. In severe cases, the patient should be referred to a specialist in rheumatology.

Volunteers in General Practice
IT DOES WORK

In Britain the tradition of volunteering to help people is one that goes back through the centuries. Medical care was available to the poor, but many others had to seek care from the voluntary health and welfare organisations. These organisations were usually run by lay people who volunteered their time and expertise.

Many of these organisations still exist today, although their roles have changed. Some are still involved in the provision of medical care, while others have broadened their remit to include social care and community development.

The first essential is to reduce the anxiety of those who are concerned about their health and worry about their ability to cope with the challenges of modern life. The second is to have a capable and dedicated team of volunteers who can work closely with doctors, nurses, and social workers.

During the 1980s, there was a great upsurge in the number of people volunteering to work in general practice. This has continued to grow, and it is likely to continue to grow in the future.

For the general practitioner, it is crucial that the decision to integrate volunteers into the practice is made with care and thoughtfulness. It is important to ensure that the volunteers are adequately trained and supervised, and that they have the necessary skills and resources to carry out their roles effectively.

In the future, the role of volunteers in general practice is likely to become even more important. As the health care system continues to change, so too will the role of volunteers. This change will bring new opportunities for volunteers to contribute to the care of patients, and it will also bring new challenges. It is important that these challenges are faced with enthusiasm and creativity.