

Arthritis Challenge

Girl Guides of Canada and Scouts Canada



ARTHRITIS
CHALLENGE

All members of Guiding and Scouting are encouraged to participate in this new and exciting Challenge. The Arthritis Challenge is a partnership between Girl Guides of Canada, Scouts Canada and The Arthritis Society – Nova Scotia Division.

The goal is to raise awareness and understanding of Canada's most common chronic disease that can affect anybody, anytime and anywhere – young or old. This Challenge will primarily target the prevention of developing Osteoarthritis (The most common type of arthritis and a degenerative type). We hope to spread our important message through presentations, arts and crafts, simulation activities, injury prevention tips and a healthy eating component. We feel one of the best ways to educate others is through interactive, stimulating and fun activities. We hope this proves true by doing our challenge with your unit! To foster peer-leadership, Guides, Scouts, and Rangers are encouraged to share their understanding of arthritis with other members, units, and community groups!

Leaders are asked to facilitate an age-appropriate discussion in the first section of the challenge. If leaders would like further arthritis related information prior to completing the challenge with your units, please visit our comprehensive web-site at www.arthritis.ca to solidify your knowledge. We don't expect you to know a doctor's level of information, just the basic facts. After completing the challenge, we strongly encourage people to call to get more details about arthritis from us or their doctor, etc.

We kindly ask leaders to encourage your units to share our Arthritis Information with a family member or friend who has arthritis. We offer a 1-800 support line, various programs and services in the community and a FREE registry program (newsletter) if they call and provide a mailing address.

To receive a crest, leaders will need to submit the number of members who completed the Challenge, and a brief summary of the activities undertaken using the Arthritis Challenge Documentation form found on the Girl Guides web site.

To obtain the crest, please submit via email to ggcns@girlguides.ns.ca, or contact: Active Living Specialist
Girl Guides of Canada
3581 Dutch Village Road
Halifax NS B3N 2S9

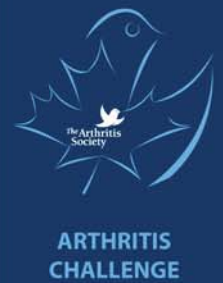
ARTHRITIS FIGHT IT!

Here's what Donna MacGregor – former N.S. Program Advisor had to say about The Arthritis Challenge in a recent Guiding magazine issue:

“The girls were taught about joints and different types of arthritis. Games were played with arms bound to sticks, and wearing large gloves to simulate doing these activities with stiff joints. The girls found this a real eye-opener!”

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Section 1

A. Knowledge Building

Younger Age Groups

- Leaders will show a picture of a joint (provided by The Arthritis Society), and explain the different parts of a joint. Please explain that osteoarthritis occurs when the cartilage (cushion between the two bones) breaks down. Common symptoms are pain, stiffness and swelling. Arthritis makes it difficult to do daily things such as walk, climb stairs, open jars, bike, etc. Anybody can get arthritis, even children and your pets. Following this explanation, each participant will re-create a joint by using cooked spaghetti. Place the cooked/flexible spaghetti in the shape of a joint and let it dry.

Older Age Groups

- Divide units into 3 even sub-groups. Each sub-group will be assigned one type of arthritis. By using the internet (www.arthritis.ca) or pre-printed literature, each sub-group will be responsible to present their type of arthritis to the others by using pictures of joints (please explain the components of a joint) and a verbal description. Please highlight what it is, its symptoms, who gets it and typical ages and treatment options. The 3 types of arthritis we are learning about are Osteoarthritis, Rheumatoid Arthritis, and Juvenile Arthritis.

B. Injury prevention:

Leader introduction:

Injuries can lead to osteoarthritis down the road if they were not dealt with properly at the time of the incident. However, it is best to prevent injuries altogether in order to reduce the likelihood of developing osteoarthritis (the most common type of arthritis) later in life.

You'll need to choose one volunteer to demonstrate how to prevent injuries from happening.

Have the volunteer hold a piece of cold uncooked spaghetti. Ask the Group "What do you think is going to happen when volunteer bends this piece of spaghetti?" (breaks)

Volunteer: "Please bend the spaghetti". (spaghetti breaks) Right, it is going to break.

What happens when you bend warm cooked spaghetti? It bends easily!

ARTHRITIS FIGHT IT!

Criteria for receiving free patches from The Arthritis Society:

- Each participant will do ALL of Section 1 (make it age-appropriate where necessary)
- Select and complete 1 activity in Section 2.
- Select and complete 1 activity in Section 3.
- Home Assignment: Ask all group members to share The Arthritis Society with his/her family or friends who have arthritis.

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You can think of your joints as being like spaghetti. If you bend them while they are cold, there is a greater chance of something breaking. However, if you bend them after you have warmed up and stretched, there is a lesser chance they will break.

That is why it is important to warm up and stretch before you play sports and games. You are less likely to hurt your joints if you do!

For this activity, please do 10 warm-up exercises to reduce the chances of injury today and arthritis in the future. Please see www.arthritis.ca/lifestyle for some warm-ups or perform the following circular movements of:

Warm-ups:

- fingers and knuckles (wave)
- wrists (circles)
- elbows (circles)
- shoulders (roll forward and backwards)
- big circles with the arms, forwards then backwards (larger to smaller)
- trunk/waist/hips (hula)
- legs (go to wall, place hand on wall and swing leg (optional))
- ankles (raise one leg in the air at a time and point toe to ground, make circles)
- toes (scrunch all of them)

Once warmed-up it is important to elevate body temperature (aerobic activity)! Run around the gym or jog on the spot if there is limited space, or run in a figure eight (as a group).

Stretch - Stretching should not be painful or bouncy.

Everyone gets into a big circle; Leader can lead from the middle.

Hold each stretch for 10 counts; everyone count aloud together when doing stretches.

- neck: hold to one side, then alternate
- full body: reach for the sky and stand on tip-toes
- arms: overhead (each side)
across the body (each side)
- sides: lean and reach over head (each side)
- hamstrings: cross one foot over the other and touch toes (each side)
- quads: standing, bend knee back and hold foot by the laces of the shoe (each side)
- inner thigh: butterfly stretch (hold at ankles or laces, not toes)
- outer thigh: one leg over the other and hold (each side)
- calves: go to wall and press ball of foot against the wall, heel on the floor
- legs: standing side lung (each side)
- hip flexors: standing step forward (each side)

End with a big clap

ARTHRITIS FIGHT IT!

• The occurrence of arthritis is higher today than ever before. Nova Scotia has the highest rate of arthritis in Canada at 23.7%

• 180,000 Nova Scotians are living with arthritis

• Juvenile arthritis is among the most common chronic diseases, affecting 1 in 1000 children under the age of 16.

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Leader Explanation:

If a participant gets injured, it is important to apply the PRICE formula to the injured joint in order to reduce the likelihood of developing Osteoarthritis down the road:

P

rotection
Apply proper braces, pads, or immobilization devices to protect the injured area from further damage.

R

est
Leave the game or practice and rest the injured joint to avoid further damage.

I

ce
Protect the skin with a towel and place a bag of ice or a cold gel pack onto the injured area for 15 minutes. This will decrease the pain and swelling.

C

ompress
Wrap an elastic bandage around the joint (not too tight) to avoid swelling and to support the joint. Start the bandage below the joint and end it above the joint. Find help with this until you can properly do it yourself.

E

levate
Elevate the injured part above the level of the heart (if possible) to decrease swelling.

Note: please see a doctor or physiotherapist to deal with this injury most effectively.

C . Healthy Eating:

Just 10 pounds of extra weight increases your chances of developing Osteoarthritis in your hips and knees. By increasing activity moderately, you will notice a difference in your overall health, including your joints. Not only is it important to exercise regularly to achieve this goal, it is equally important to eat healthy foods as well.

- Make and eat a healthy snack at a meeting
- Using Canada's Food Guide create a healthy meal plan for a weekend (include healthy snacks, beverages and meals).

ARTHRITIS FIGHT IT!

• The direct cost of arthritis in Canada is estimated at \$4.4 billion annually

• Nova Scotia contributes more than \$300,000 annually towards research into improved treatments and a cure for arthritis

• Our Arthritis Registry can help people understand their disease and what's happening to their bodies

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Section 2

Arthritis Simulation

Before starting these exercises, Leaders should re-address here that arthritis causes stiffness, pain, swelling and difficulty doing daily activities. Each participant will now have the opportunity to experience what it is like to be faced with limited mobility in his/her hands and elbows.

A. Gloves & Buttons:

(Equipment needed: Gardening/work gloves and button-up shirts)

- Units may either do this activity as a team race or as a demonstration only. While wearing the big gloves and button-up shirt, each participant will try doing up the buttons as quickly as possible. It will become apparent how difficult it is to get dressed when somebody has arthritis

B. Play catch:

(Equipment needed: Paint sticks (2 per participant) & tape or pro-wrap

- Each participant will hold their arms out straight so that leaders can place the paint stick along each participant's arms. In order to keep the sticks in place, leaders will wind tape or pro-wrap (no stick) around the participants arms and paint sticks. This will make it very difficult for participants to bend their arms as their elbows are essentially locked in place. In a circle, have participants throw a big soft ball around the circle. Participants can see how hard it is for them to throw and catch.

C. Obstacle course:

Equipment needed: Paint sticks & tape or pro-wrap

- Have your group design an obstacle course that would prove challenging for people living with arthritis. Have your group do the obstacle course while wearing the big gloves (simulating arthritic hands) and while having the paint sticks taped to their arms or legs (simulating arthritis in the elbows or knees).

D. Arthritic Fingers:

(Equipment: Masking or medical tape)

- Gently tape 2 or 3 fingers together simulating loss of mobility in the hand. Once taped together, have participants try opening jars, pill bottles, milk containers, etc.

ARTHRITIS FIGHT IT!

• There is a shortage of both orthopedic surgeons and rheumatologists in Canada, and the demand for them will increase as the baby boom generation ages

• The Arthritis Society is Canada's only charity dedicated to providing and promoting arthritis education, community support and research-based solutions

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Section 3

Making Our World A Better Place for those living with Arthritis

- A. Create a skit, play or film about how you can assist a child at school who is being bullied due to his/her arthritis and his inability to participate in activity or sports events. What can you do to help this person cope better with his/her disease?
- B. Make a list of all the things you can do to help your parent/grandparent at home who suffers from arthritis. For example, if he/she has arthritis in the hands you can help them do the dishes. Think of at least 10 different ways to help this person.
- C. Make assistive devices for people living with arthritis. For example, it is hard for people with arthritic hands to hold their cutlery or toothbrush. By using pipe insulation, thicken the handle of cutlery/toothbrushes with this material.
- D. Inclusive Poster: Make a collage of people who can have arthritis, using pictures from old magazines and newspapers (all ages, ethnicities, should be represented in this collage) Title on the top of page: Arthritis – Anybody, Anytime and Anywhere.

EVERY CHILD IS ASKED TO DO THIS ACTIVITY AT HOME:

Home Assignment: Give each Girl Guide a copy of the Arthritis Registry and Lifestyle Makeover Challenge brochure to take home. They are to tell somebody in your family who has arthritis about The Arthritis Society and that we can help him/her better deal with the pain associated with arthritis.

We have a free Registry that they can sign-up for simply by calling us at 1-800-321-1433 or registering on-line at www.arthritis.ca/novascotia to learn about our programs and services.

ARTHRITIS  **FIGHT IT!**

• We help Canadians living with arthritis live better lives everyday

• More information can be found at www.arthritis.ca or by calling us toll free at 1.800.321.1433