



ANNUAL
REPORT
2017-2018
A YEAR IN REVIEW

HELPING PEOPLE WITH ARTHRITIS



New Arthritis Australia website launched

A brand new, user-friendly Arthritis Australia website was launched in April 2018. Months in the making, the new website is designed to make it easier for people with arthritis to find information and resources to help them to live well with their condition. The website has an attractive modern look, is easy to use and navigate and has some exciting new features including a medication search function and new video content.

Advocating for better care for people with arthritis

In a major milestone for our advocacy efforts, the Minister for Health, the Hon Greg Hunt, has committed to work with Arthritis Australia to develop a National Strategic Action Plan for Arthritis. The minister made the announcement at a Parliamentary Friends of Arthritis breakfast in October 2017.

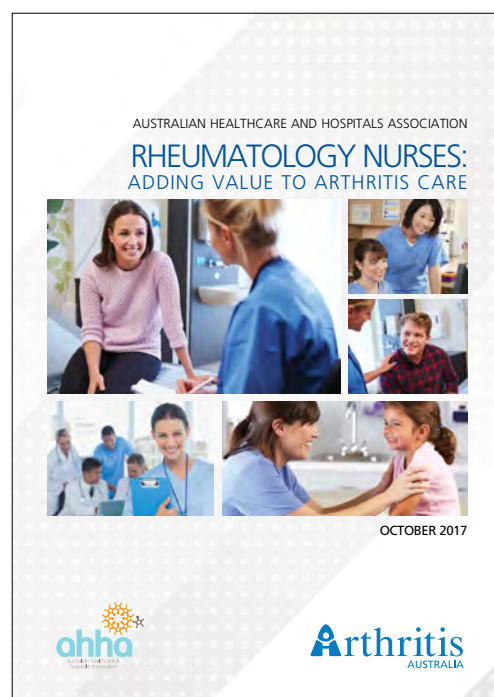
As a first step in developing the Action Plan, a Roundtable of experts was convened on 8 December to identify key action items and priority interventions for implementation. These actions will build on the recommendations of the Time to Move: Arthritis strategy launched by Arthritis Australia in 2014. Attendees at the Roundtable included experts in rheumatology, research, orthopaedic surgery, general practice, nursing, allied health and primary care and of course people living with arthritis.

Arthritis Australia subsequently received funding from the Department of Health to further develop the Action Plan. A multidisciplinary Steering Committee has been appointed to assist in the development of the Plan which will be finalised by the end of 2018.

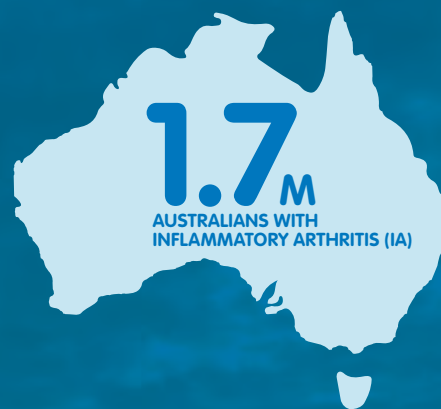
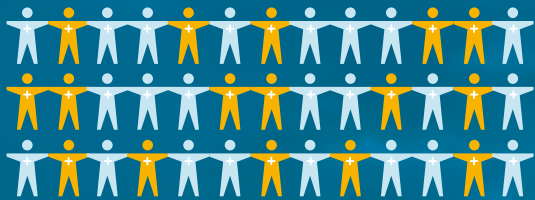
Rheumatology nurses: Adding value to arthritis care

In October 2017 we launched the report *Rheumatology nurses: Adding value to arthritis care* at a Parliamentary Friends of Arthritis breakfast in Canberra. The report, which builds the case for government funding for more rheumatology nurses in Australia, was launched by the Minister for Health, the Hon Greg Hunt.

The report found that rheumatology nurses provide valuable education, care and support for people with arthritis, but that there are only 39 full-time rheumatology nurses to provide care for around 1.7million people with severe or inflammatory arthritis. We are now calling on the Federal, State and Territory governments to provide dedicated funding to train and employ more rheumatology nurses in Australia.



39 REUMATOLOGY NURSES



HELPING PEOPLE WITH ARTHRITIS

A major new resource for people with low back pain

Together with the University of Queensland, Arthritis Australia has created a new, ground-breaking website for people with low back pain. About 80% of us are affected by low back pain at some point in our lives. It is one of Australia's most disabling and prevalent conditions with upwards of \$5 billion in health care costs and \$9 billion in indirect costs.

The new website, MyBackPain.org.au, features an innovative algorithm which provides a tailored, evidence-based care plan for people with both acute and chronic back pain. The website also features detailed information about where to get help, and an easy to understand evidence grading system that shows whether a treatment is effective or not.

Before being made available to the public, the website is being evaluated via both a qualitative study and a randomised control trial. We are looking forward to the launch of the website in late 2018 and anticipate that it will significantly improve back pain management in Australia.



That's a Wrap: Best and Worst Packaging of 2017

In December the Accessible Design Division ran the inaugural social media Best and Worst Packaging Campaign, asking consumers to nominate packaging they found to be easy or hard-to-open in the past 12 months. The insights gathered from these nominations are used in the Division's work to educate the packaging industry about how inaccessible packaging is having a daily impact on consumers.

The 'Worst' category received the majority of the responses and we announced the top five problematic packaging formats, which were:

1. Security/safety Seals on 2-3L homebrand milk bottles
2. Foil tablet and foil seal packaging used for medicine
3. Child resistant push-down-and-turn or squeeze-and-turn packaging used for mouthwash, cleaning products and many medicines
4. Glass jars with a standard metal lid
5. Clamshell packaging

For the Best Category, the most popular design was the innovative two-part Orbit metal closure used on glass jars, such as the Ocean Spray cranberry sauce jars. Consumers were delighted to find that the two-part lid design required significantly less force to open than other metal jar lids.



WORKING TOGETHER

Working together to achieve our advocacy objectives

Arthritis Australia works with a range of organisations to achieve our advocacy objectives. For example, this year we worked with the Rheumatology Health Professionals Association and the Australian Health and Hospitals Association to produce the report *Rheumatology nurses: Adding value to arthritis care*. This report makes the case for increasing access to specialist rheumatology nurses in Australia to provide care and support for people with severe and inflammatory forms of arthritis. The full report is available on the Arthritis Australia website.

We also worked with a range of organisations to make a joint submission to the Australian Government's consultation to develop a National Sports Plan. This submission highlighted the importance of implementing sports injury prevention programs to reduce sporting injuries among young people, which are a major risk factor for the early development of osteoarthritis.

Collaborations to advance quality information

In 2018 Arthritis Australia worked with the Australian Commission on Safety and Quality in Health Care and NPS MedicineWise to create new patient information resources for people with osteoarthritis and low back pain.

Such collaborations are important so that health consumer needs are balanced with advances in clinical care and research.

Working with Arthritis New Zealand to improve packaging accessibility

Arthritis Australia's Accessible Design Division is now collaborating with Arthritis New Zealand to improve packaging accessibility in both countries. New Zealand consumers face many of the same issues with packaging as the Australian arthritis community. For example, last year, both organisations received significant feedback around seals on milk packaging being a significant problem for consumers. Both organisations will work together to educate the packaging industry on how to develop easy-to-open packaging.

Food and drink packaging Surveys: Industry Perception Vs. Consumer Reality

To discover if the packaging industry understood the consumer's experiences, the Accessible Design Division conducted two parallel surveys on the topic. The first survey asked more than 400 consumers about their current experiences with 30 different food and drink packaging formats and opening features. While the second survey investigated the opinion of 87 packaging professionals to determine what they believed was the consumer's experience of the same packaging.

The results revealed some interesting insights including:



of consumers had difficulty opening packaging everyday, while industry's believed that consumers would struggle once or twice a week



Glass jars with metal lids received the highest number of consumer responses for couldn't open it at all or hurt themselves opening it, whereas industry believed that consumers would open it after a struggle

25% INDUSTRY ESTIMATE

92%
ACTUAL

92% of consumer's had spilt or damaged a product when trying to open the packaging, while industry thought it would only be 25% of consumers

The insights gathered from this project were presented at the Australian Institute of Packaging's National Conference as well as featuring in packaging media including industry magazine PKN Packaging News.

The full report *How accessible is food & drink packaging? Industry Perception Vs. Consumer Reality* is available to download on the Arthritis Australia website.

OUR PROJECTS

World Packaging Organisation (WPO) President presenting SPC with their WorldStar Packaging Award



Major boost for our advocacy efforts

In a major milestone for our advocacy efforts, Arthritis Australia has been commissioned by the Department of Health, at the request of the Minister for Health, the Hon Greg Hunt, to develop a National Strategic Action Plan for Arthritis. The Action Plan will identify key actions and priorities for improving care for people with arthritis, for consideration by the Australian and state and territory governments. The development of the Action Plan provides an unprecedented opportunity to improve services and programs for people with arthritis and will be launched in early 2019.

WorldStar Packaging Award

The Arthritis Australia Easy to Open Certified SPC ProVital fruit tub packaging design was awarded the World Packaging Organisation's pre-eminent international WorldStar Award. The innovative design was developed in partnership between SPC and Arthritis Australia's Accessible Design Division, which works with the packaging industry to design packaging that understands the needs and abilities of the arthritis community. The large textured film tab, low peel force and legible labelling all contributed to the overall success of the design.

MyJointPain.org.au

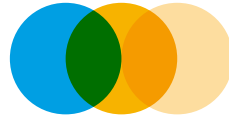
Since launched in March 2013, the MyJointPain website has attracted nearly 250,000 visitors from Australia and around the world.

Newly published qualitative research in 2018 looked at the patient's perspectives on using a web-based tool such as the MyJointPain website. (Jeon, Y.-H., Flaherty, I., Urban, H., Wortley, S., Dickson, C., Salkeld, G. et al. Qualitative evaluation of evidence-based online decision aid and resources for osteoarthritis management: *Understanding patient perspectives. Arthritis Care & Research. doi:10.1002/acr.23572*)

This study confirmed that it was important that health information come from an authoritative and trusted voice like Arthritis Australia, and that users valued the practical benefits of online innovations and their capacity to maintain and monitor their personal progress.

Such research highlights the fact that innovative methods of delivering health information will not be a barrier as long as quality, trustworthiness and utility are present.





Along with education and assistance, Arthritis Australia spearheads the effort to further our knowledge of arthritis and to search for potential cures. Much of our work is directed toward raising funds to provide project grants, grants in aid, fellowships and scholarships. A/Prof Susanna Proudman is Medical Director of Arthritis Australia and Prof Graeme Jones is Chair of Arthritis Australia's Research Grants Assessment Committee. Arthritis Australia conducts an annual research grants program, open to both national and international researchers, and funds the Chair of Rheumatology at the University of Sydney, currently held by Prof David Hunter.

Arthritis Australia National Research Program – Projects currently being undertaken in 2018

To read a summary of each project listed below, visit our website

<https://arthritisaustralia.com.au/programs-research/national-research-program/past-recipients-and-outcomes/>

FELLOWSHIPS

AFA-ARA Heald Fellowship - \$50,000

(jointly funded by Australian Rheumatology Association and Vincent Fairfax Family Foundation)

Dr Feitong Wu
Menzies Institute for Medical Research, University of Tasmania

Project: Early life strategies for improving fracture risk factors throughout life

The Arthritis Queensland Fellowship - \$50,000

(funded by Arthritis Queensland)

Dr Natalie Collins
School of Health and Rehabilitation Science, University of Queensland

Project: Patellofemoral osteoarthritis and predictors of progression in young to middle-aged adults with chronic patellofemoral pain

Bruce Miller - Australian Rheumatology Association Post-Doctoral Fellowship - \$125,000

(jointly funded by BB & A Miller Foundation and Australian Rheumatology Association)

Dr Meghna Talekar
Diamantina Institute, University of Queensland

Project: Targeted oral Liposomal Microcomplexes for Tolerizing Dendritic cells in rheumatoid arthritis

Bruce Miller - Australian Rheumatology Association Post-Doctoral Fellowship - \$125,000

(jointly funded by BB & A Miller Foundation and Australian Rheumatology Association)

Dr Mihir Dilip Wechalekar
Department of Rheumatology, Flinders University

Project: Improving outcomes in Rheumatoid arthritis

The Ken Muirden Overseas Training Fellowship - \$75,000

(funded by Australian Rheumatology Association)

Dr Huai Leng (Jessica) Pisaniello (nee Yong)
The Arthritis Research UK Centre for Epidemiology, Centre for Musculoskeletal Research, School of Biological Sciences, Faculty of Biology, Medicine and Health, The University of Manchester

Project: The role of mobile health (mHealth) application in real-time capture of self-reported symptoms and longitudinal activity, and its feasibility in patient-focused remote monitoring in musculoskeletal disorders

Leanne Stafford Award - \$50,000

(funded by Australian Rheumatology Association)

Dr Shi-Nan Luong
Centre for Rheumatology Research, University College London Division of Medicine

Project: Investigating the relationship between autoimmune rheumatic disease activity and pregnancy outcome

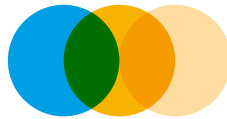
SCHOLARSHIPS

Estate of The Late Grace E Cameron & ARA Project Grant - \$30,000

(jointly funded by The Estate of the late Grace E Cameron & Australian Rheumatology Association)

Dr Sudha Raghunath
Medicine Nursing and Health Sciences, Monash University

Project: Cognitive dysfunction in SLE



PROJECT GRANTS

ARA Project Grant - \$35,000 (Translational Grant)

(funded by Australian Rheumatology Association)

Dr Helen Keen
Fiona Stanley Hospital,
UWA School of Medicine
and Pharmacology

Project: Community perceptions of rheumatoid arthritis pharmacotherapy: An analysis of social media platforms

Arthritis Australia and State/Territory Affiliate Grant - \$10,000

(funded by Arthritis Australia)

Dr Ayano Kelly
Medical School, Australian National University

Project: Standardising outcomes in interventions to improve medication adherence in rheumatology

Arthritis Australia and State & Territory Affiliate Grant - \$20,000

(jointly funded by Arthritis South Australia and Arthritis Western Australia)

Dr Kylie Tucker
School of Biomedical Sciences, Faculty of Medicine, University of Queensland

Project: Balancing muscle force and persistent knee pain in adolescents

Arthritis Australia and State/Territory Affiliate Grant & Eventide Homes - \$30,000

(jointly funded by Eventide Homes, Arthritis South Australia & Arthritis Australia)

Dr Claudia Di Bella
Department of Orthopaedics, St Vincent's Hospital, Melbourne

Project: 3D Bioprinting of bio-adhesive scaffold for cartilage regeneration

Arthritis Australia and State/Territory Affiliate Grant - \$40,000

(funded by Arthritis South Australia)

Assoc Prof Ilana Ackerman
Department of Epidemiology and Preventive Medicine, Monash University

Project: Falls prevention: The missing element in osteoarthritis care

Arthritis Australia and State/Territory Affiliate Grant - \$15,000

(funded by Arthritis South Australia)

Dr Tasha Stanton
School of Health Sciences, University of South Australia

Project: Does targeting pain-related beliefs in people with knee osteoarthritis increase physical activity?

Arthritis Australia and State/Territory Affiliate Grant & Eventide Homes - \$30,000

(jointly funded by Arthritis Tasmania and Eventide Homes)

Dr Dawn Aitken
Menzies Institute for Medical Research, University of Tasmania

Project: A randomised controlled trial evaluating community walking for knee osteoarthritis

H J & G J McKenzie Grant - \$25,000

(funded by The Estate of the late Heather Joy McKenzie)

Dr Ky-Anh Nguyen
Discipline of Life Sciences, Faculty of Dentistry, University of Sydney

Project: Autoantibody cross-reactive epitope of P. gingivalis

Marion A Simpson Grant - \$25,000

(funded by The Estate of the Late Marion Alice Simpson)

Prof Christopher Jackson
Sutton Arthritis Laboratory Rheumatology, University of Sydney

Project: The differential functions of PAR1 and PAR2 in the onset and development of rheumatoid arthritis

ARTHRITIS AUSTRALIA NATIONAL RESEARCH PROGRAM – 2017

Outcomes

To read a summary of each project outcome awarded in 2017 visit <https://arthritisaustralia.com.au/programs-research/national-research-program/past-recipients-and-outcomes/>

GRANTS IN AID

ARA project Grant - \$15,000

(funded by Australian Rheumatology Association)

Dr Eliza Pontifex
Rheumatology Medical Sciences, Flinders University

Project: Perception of pain in psoriatic arthritis

ARA project Grant - \$10,000

(funded by Australian Rheumatology Association)

Dr Linda Rehaume

The University of Queensland Diamantina Institute, University of Queensland

Project: The relationship of IL-23 and the microbiota in the development of spondyloarthritis in SKG mice

ARA project Grant - \$10,000

(funded by Australian Rheumatology Association)

Dr Premarani Sinnathurai
Rheumatology Department, Royal North Shore Hospital

Project: Adipokines: a link between obesity and psoriatic arthritis

Arthritis Australia and State/Territory Affiliate Grant - \$15,000

(funded by Arthritis Western Australia)

Dr Amity Campbell
School of Physiotherapy and Exercise Science, Curtin University

Project: Predicting knee loading using wearable sensors

Arthritis Australia and State/Territory Affiliate Grant - \$15,000

(jointly funded by Arthritis Western Australia and Arthritis Australia)

Dr Ming-Chin Lee
Department of Medicine (RMH), University of Melbourne

CCL17 in osteoarthritis and its associated pain

Arthritis Australia and State/Territory Affiliate Grant - \$10,000

(funded by Arthritis South Australia)

Dr Jiao Jiao Li
Kolling Institute, Sydney Medical School, University of Sydney

Project: A novel strategy for treating chronic joint injury

Arthritis Australia and State/Territory Affiliate Grant - \$10,000

(funded by Arthritis South Australia)

Dr Jenny Setchell
School of Health and Rehabilitation Science, University of Queensland

Project: Translating low back pain research: Identifying potential hidden harms in health messaging

HJ & GJ McKenzie Grant - \$10,000

(funded by The Estate of the late Heather Joy McKenzie)

Mr David James Tunnicliffe
The Sydney School of Public Health, University of Sydney

Project: Optimising transition from paediatric to adult healthcare in rheumatology

Arthritis Australia/ Zimmer Biomet Orthopaedic Fellowship program:

Supported by an untied grant from Zimmer Biomet Pty Ltd since 2010, the Arthritis Australia/Zimmer Biomet Orthopaedic Fellowship Program promotes best practice treatment for Australians living with arthritis and provides educational, research and training opportunities for orthopaedic surgeons wishing to expand and hone their skills. The program also allows supervisors to improve their instructional skills and helps institutions to achieve their own educational goals and objectives. Arthritis Australia now manages and administers Australian and New Zealand fellows in overseas positions. Since inception, the Orthopaedic Fellowship Program has awarded 83 fellowships. The total funding provided for this fellowship program to date is \$3,095,500.

2018

UBC Foot and Ankle Fellowship - \$ 27,500

Dr Jason Ying Choi
University of British Columbia

New York School of Medicine/Hospital for Joint Diseases Spine Fellowship Program - \$55,000

Dr Anand Segar
New York University School of Medicine

CHAIR'S REPORT



Kristine Riethmiller

This year saw the realisation of some key initiatives that have been several years in the making. Improvements to our website have made information resources for consumers more accessible and easier to find. Our social media communications are now reaching a large and growing audience who are receiving reliable, evidence-based information in a more user-friendly and accessible manner. We jointly raised funds for the training of a Paediatric Rheumatologist which will help to grow the workforce and to improve access to specialist care for children with juvenile arthritis. Our national research program has an increasing focus on research that can translate into medical practice and contribute directly to meaningful health outcomes for consumers.

Our most significant achievement, after many years of advocacy, was being commissioned by the Australian Government to develop a National Strategic Action Plan for Arthritis. It is an exciting and unique opportunity to bring together a multidisciplinary steering committee consisting of the many different professional groups involved in arthritis care as well as consumers. This collaboration will help shape a draft plan for wider consultation with arthritis stakeholders. The final Action Plan will be considered by the Australian Government and will also go to the Australian Health Ministers Advisory Council (the heads of all the state and territory Departments of Health)

At the close of the reporting year we said farewell to our valued and respected CEO Ainslie Cahill. After 12 years at the helm of Arthritis Australia, Ainslie decided that it was time for her to move on to new adventures and challenges.

During Ainslie's time as CEO, she developed and led targeted projects and programs that have been recognised nationally and internationally. Some of her initiatives include the multicultural information resources, establishing testing of food and other packaging for ease of opening, the strategic collaboration of the Medicines Australia Community Chest program, and advocacy to Federal government on numerous issues affecting the arthritis community. She also participated in many national government reference and advisory groups, as well as being an active member and office holder of important groups such as the Consumer Health Forum.

Arthritis Australia would like to thank Ainslie for the incredible contribution she has made to our organisation and the arthritis community.

We also welcome the new CEO, Andrew Mills, who has been with us for the last 6 months as Deputy CEO. Andrew brings with him a wealth of experience in the health sector, not-for-profit organisations and the corporate sector. We are looking forward to working with Andrew in what will be both exciting and challenging times in the years ahead.

In the coming year we be will consulting on, and finalising, the National Strategic Action Plan for Arthritis which will guide future directions. We will be working closely with our Affiliates and partners to coordinate some new initiatives as well as looking at how best to address the needs of the arthritis community. Of course, we will be continuing to advocate on behalf of arthritis consumers. We also look forward to awarding the first Paediatric Rheumatology Scholarship.



CEO's REPORT



Andrew Mills

Whilst 4 million Australians are living with arthritis and other musculoskeletal conditions, and a further 3 million with back pain, it is important to remember that these are all individuals, and no two people will have exactly the same experience or journey.

Arthritis Australia was created 69 years ago when medical practitioners interested in rheumatology came together with the aim to establish treatment centres, endow university chairs and fund research. However, at the heart of this was the desire to speak up for people living with arthritis.

Much has changed over the years, however we remain focussed on our guiding principles, which continue to be: funding research into arthritic conditions, advocating to government, and supporting the information needs of people living with arthritis.

Many not-for-profit organisations are finding the current economic environment very challenging, with increasing competition for diminishing donations and other fundraising activities. Nevertheless, the 2017-18 financial year was very busy and highly productive for Arthritis Australia.

Our policy and advocacy work resulted in being awarded a grant to develop the National Strategic Action Plan for Arthritis. The Action Plan was grounded in the *Time to Move Arthritis Strategy*, developed in 2014, and involves a wide group of influential stakeholders who are helping to shape the recommendations. In addition, our wonderful members of the National Arthritis consumer Group continue to meet regularly to inform our policy and advocacy work.

Arthritis Australia also launched major revamps to its websites – including a completely rebuilt primary website www.ArthritisAustralia.com.au, as well as enhancements to our www.MyJointPain.org.au website. Arthritis Australia is

developing another new website My Back Pain which aims to launch in late 2018.

We also formed a partnership with Aids For Daily Living who provide a virtual shop with links from our Affiliate network. Visit www.aidsfordailyliving.com.au. The shop offers a range of accessible products, tested by Arthritis Australia's former Consumer Director, Judith Nguyen.

Our social media activity continues to grow, and our Facebook site is the world's 4th leading arthritis specific site, with around 20,000 followers. A new Pregnancy & Arthritis booklet was produced and launched in May, 2018.

Our Accessibility Design Division has been very busy working with NSW HealthShare to test compliance of its suppliers of pre-packaged, portion-controlled food used in NSW public hospitals, with the aim of improving nutritional outcomes for in-patients. We have also been consulting with a range of other leading consumer products manufacturers, with the aim of making products easier to open and use.

We continue to explore new revenue opportunities that will help strengthen the financial sustainability of Arthritis Australia, as well as have a potential positive flow-on effect to the State and Territory Affiliate organisations.

I hope you will enjoy reading about the many successes Arthritis Australia has enjoyed over the past year, and that you will join me in continuing to support its vital work, dedicated to all Australians living with arthritis, their families and carers.

MEDICAL DIRECTOR'S REPORT



Assoc Prof Susanna Proudman

This year saw major steps being taken toward Arthritis Australia's goal to improve outcomes for Australians with arthritis and related musculoskeletal conditions. The report, *Rheumatology nurses: Adding value to arthritis care*, commissioned by Arthritis Australia, was launched at a Parliamentary Friends of Arthritis breakfast in October by the Health Minister, the Honourable Greg Hunt MP. Although at the time of the report, there was only one full-time rheumatology nurse for every 45,000 people living with arthritis in Australia, research undertaken as part of this report confirmed that adding rheumatology nursing to the traditional "rheumatologist-only" care model can mean faster access to specialist care and an earlier start to treatment. This could increase the number of patients responding to therapy, helping to prevent or delay joint damage and disability and decrease the average cost of care per patient. Furthermore, people who see a rheumatology nurse as part of their care are much more satisfied with all aspects of their care than those who do not. Expanding this service in both urban and rural regions could have a major impact on arthritis care in Australia.

At the same breakfast, the Minister made the exciting announcement that Arthritis Australia was to receive funding to develop a National Strategic Action Plan for Arthritis in partnership with the Commonwealth Department of Health. At a Roundtable meeting in early December, involving key industry and non-government stakeholders, a diverse array of actions and interventions for people with arthritis, broadly grouped within four major themes, was identified:

- Awareness, prevention and health promotion
- Early diagnosis, better treatment and care
- Consumer information, education and support
- Research.

These will form the basis of the Action Plan for consideration by the Australian Government and the Australian Health Ministers Advisory Council (AHMAC) and will hopefully lead to funding of novel initiatives with a high impact on the health of Australians with arthritis.

This major achievement is a testament to the perseverance and skills of Arthritis Australia's National Policy and Government Relations Manager, Franca Marine.



CONSUMER DIRECTOR'S REPORT



Wendy Favorito

The past 12 months have been interesting and rewarding helping to elevate the consumer voice for people living with arthritis. From an organisational perspective, the highlight and a significant achievement after much long-term consistent advocacy work was the Federal Government's support for the development of a National Action Plan for Arthritis. This is recognition of the effective and critical work the whole team at Arthritis Australia does. The action plan signals recognition and support of the almost 4 million people in our community who live daily with the many and complex challenges of arthritis.

A personal highlight was attending the launch of the Rheumatology Nurses report at Parliament House in October 2017. One of our members of the National Arthritis Consumer Reference Group, Max Stoneman, spoke about what it is like to live with Ankylosing Spondylitis as a young man. Max told a powerful and moving account and highlighted the need for Rheumatology nurses to provide support for the day-to-day care of people living with arthritis.

A further personal highlight was being a part of the selection panel for the inaugural Arthritis Australia Paediatric Rheumatology scholarship program. There is grossly insufficient paediatric rheumatology care throughout the country and Arthritis Australia, with support of paediatric rheumatologists, has lead the way in addressing this major gap in arthritis care.

I was fortunate to participate in the Rheumatoid Arthritis Support Program summit and contribute to the development of this online resource for people living with RA. I look forward to the ongoing development of this resource and the benefit to people living with RA throughout Australia and internationally.

I participated again in aspects of Arthritis Australia's Grants Assessment Committee to provide consumer input into the decision-making regarding allocation of valuable research funding. In my absence another consumer within our network, Jane Hope, will provide input into the committee's decision making when they meet face to face in October. The purpose of consumer input is to ensure that a balanced view is applied to the assessment of applications. The role of the committee is another example of the beneficial work Arthritis Australia does in supporting necessary research into arthritis.

The National Arthritis Consumer Reference Group continues to support the advocacy work of Arthritis Australia and I would like to thank all members for their ongoing efforts and time. The members' insights and lived experiences are invaluable in helping to shape our advocacy work.

I anticipate another positive year ahead and in particular look forward to witnessing the outcomes of the National Action Plan for Arthritis as work progresses.

TREASURER'S REPORT



Wayne Jarman

Trading results for the year

I am disappointed to report an overall deficit for the year of \$176,378 in a tough year where charities are increasingly under pressure for funding from all sources together with lower nominal yields on most investments.

This year, given our need for more timely and precise monitoring of our finances, the balance sheet and revenue and expense statements were divided into two streams – restricted funds and unrestricted funds.

The total restricted funds under administration have increased by \$95,818, with increase in share portfolio valuations of \$137,839, and a surplus of \$42,271 for the year.

Restricted funds reported a net surplus for the year of \$42,271 mainly as a result of share portfolio profits taken throughout the year.

Restricted funds are sourced from several long-standing bequests. The income or corpus of which provide specific funding; research donations, including from Affiliates, for the National Arthritis Research Grants Program; and private sector funding for national programs, some of which are subcontracted to Affiliates for service delivery.

Unrestricted funds are for general and administration expenses. These are sourced from voluntary administration donations from Affiliates; public donations, and bequests sponsorships, accessible design initiatives and general investment funds.

The total unrestricted funds under administration have decreased by \$196,679 with a net decrease on share portfolio valuations of \$62,292 and a deficit of \$134,096 for the year.

Unrestricted funds reported a net deficit for the year of \$134,096 mainly as a result of difficult trading conditions and the reduction in federal funding for the year. The Department of Health and Ageing has advised that Arthritis Australia cannot rely on Federal funding for future programs due to major cuts to government funding programs for community-based health consumer organisations.

Balance Sheet

Net cash position has reduced by \$293,248 since last year. Cash flows for the coming year will be under pressure with uncertainties in forecast revenue and expenditure.

Receivables have increased by \$3,628 since last year which is not considered a material variation.

Investment portfolios have increased by \$260,777, with the overall increase in market values of \$75,547 and net purchases and sales for the year of \$364,895.

Total liabilities have increased by \$125,120 since last year which is not considered a material variation.

General

Due to the astute advice from our investment advisers, Morgans, our investment portfolios have performed relatively well this year, when measured against market indices and given the volatility of the market in the latter half of the financial year.

Notwithstanding the withdrawal of federal funding our financial reporting structure is strong on detail enabling focus on strategy and project implementation for the coming years to increase income streams for unrestricted use thus ensuring future financial viability.



FLORANCE & COPE CHAIR'S REPORT



Prof David Hunter

Professor Hunter is a clinician-scientist rheumatologist whose major focus is clinical research on osteoarthritis (OA). Translational research is at the centre of his work – endeavouring to make sure that his research findings are implemented into medical practice and provide meaningful health outcomes.

Research objectives

My research continues to focus on the key elements of OA including epidemiology; the application of imaging to better understand structure and function with application to both epidemiologic research and clinical trials; novel therapies and health service system delivery.

My research and clinical group remain active in dissemination and implementation activities to optimise the care received by consumers with osteoarthritis. It is pleasing to see the impact that this is making in new guidelines, dissemination activities and implementation of new models of care both locally and internationally. Ultimately, it is through the development and translation of new knowledge that we will make a difference to the burden of persons with osteoarthritis.

2018 Affiliations and Ongoing Contribution

- Florance and Cope Chair of Rheumatology
- Professor of Medicine at University of Sydney, Rheumatologist at Royal North Shore Hospital
- Chair of the Institute of Bone and Joint Research
- Deputy Dean, Northern Clinical School
- Supervision of 7 PhD students and a team of 12 researchers
- Visiting professor at University of Queensland, University of Melbourne, and three universities in China (Anhui Medical University, Southern Medical University and Harbin Medical University)
- Editorial board member for Arthritis and Rheumatology, Arthritis Care and Research and Osteoarthritis and Cartilage
- Section editor for Up-to-date Osteoarthritis

2018 Achievements

- I was ranked as the leading expert on OA in the world by expertscape.com (fifth year in a row).
- Funding: my research group is well supported by an NHMRC program grant, Partnership Project, CRE, Project Grant and I am personally supported by an NHMRC Practitioner Fellowship.
- With colleagues, I am leading the development of the National Osteoarthritis Strategy.
- Community reaching: I gave the Annual Florey Lecture. Through the Institute of Bone and Joint Research, we run monthly webinars in addition to an active social media strategy to facilitate diffusion of appropriate information to consumers. There has been increased and regular media attention is given to work by my team and I am pleased to contribute to raising community awareness through a range of media interviews.
- Research publications: I've added over 40 publications to the more than 400 peer-reviewed publications in international journals, my work is cited more than 1000 times per year. I also gave some keynote presentations at international meetings including OARSI and ACR.

More information on my research achievements is available at: <http://sydney.edu.au/medicine/people/academics/profiles/david.hunter.php>

For more information on clinical trials currently underway please see: <http://sydney.edu.au/medicine/ibjr/volunteer/index.php>

I remain enormously appreciative of the support given by Arthritis Australia to the Chair position as well as the collaborative opportunities they provide for my research on OA.



FINANCIAL POSITION

STATEMENT OF FINANCIAL POSITION

	17/18	16/17
	\$	\$
Current Assets		
Cash Assets	1,706,488	1,413,240
Receivables	323,045	319,417
Financial Assets	-	-
Total Current Assets	2,029,533	1,732,657
Non-Current Assets		
Financial Assets	6,344,999	6,605,776
Property, Plant & Equipment	13,269	25,109
Total Non-Current Assets	6,358,268	6,630,885
Total Assets	8,387,801	8,363,542
Current Liabilities		
Payables	1,281,155	1,191,110
Provisions	643,319	603,162
Total Current Liabilities	1,924,474	1,794,272
Non Current Liabilities		
Long Term Provisions	18,728	23,810
Total Non Current Liabilities	18,728	23,810
Total Liabilities	1,943,202	1,818,082
Net Assets	6,444,599	6,545,460
Accumulated Funds		
Contractually restricted funds	6,038,784	5,943,316
General Funds	405,815	602,144
	6,444,599	6,545,460

PROFIT & LOSS

STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

Income	17/18 \$	16/17 \$
Donations/fundraising		
General	1,678,337	1,818,215
Affiliates	270,250	277,750
Total	1,948,587	2,095,965
Membership Fees	1,124	1,196
Investments		
Interest	27,139	34,519
Profit on Sale	28,572	204,466
Dividends	400,007	407,690
Total	455,718	646,675
Other	-	-
Total Income	2,405,429	2,743,836
Expenses		
Research	1,130,225	1,142,044
Education & Awareness	908,070	1,125,107
Administration	406,374	342,024
Fundraising	125,288	112,888
Depreciation	11,840	9,758
Total Expenses	2,581,797	2,731,821
Net Surplus/(Deficit)	(176,368)	12,015
Rounding adjustment	(40)	-
Contribution to contractually restricted funds		
Asset Revaluation / (Devaluation)	75,547	(49,942)
Change in Foundation Funds	(100,861)	(37,927)

Total Foundation Funds at 30 June 2018 include \$ 6,038,784 (2017 \$ 5,943,316) of contractually restricted research funds administered by the Foundation.

The above tables showing the Statement of Financial Position and Statement of Comprehensive Income for the year ended 30 Jun 2018 have been prepared from audited financial statements passed by the Board of Directors, who are responsible for the presentation of the financial statements and the information they contain. The complete financial report of the Foundation and the audit report by William Buck is available from Arthritis Australia PO Box 550 Broadway NSW 2007.



REVENUE & EXPENDITURE

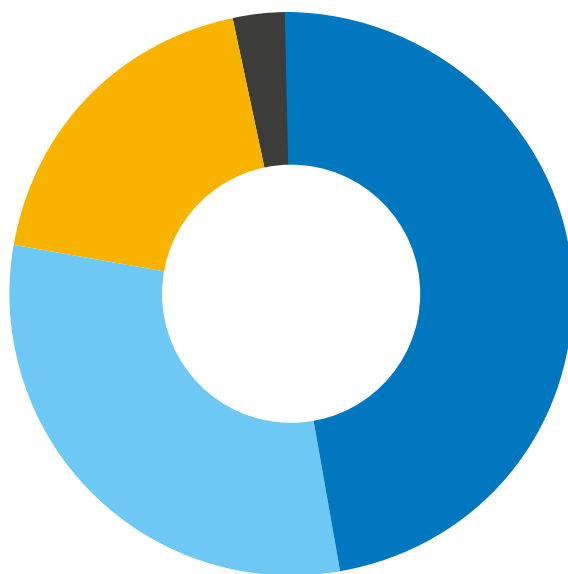
Following is the summary of revenue and expenditure of Arthritis Australia.

Assets held \$ 8,387,801 and liabilities held \$ 1,943,202

REVENUE

Projects	\$ 1,140,837	47.43%
Research Grants	\$ 732,500	30.45%
Investments	\$ 455,718	18.95%
Membership/Admin/Fees	\$ 76,374	3.18%

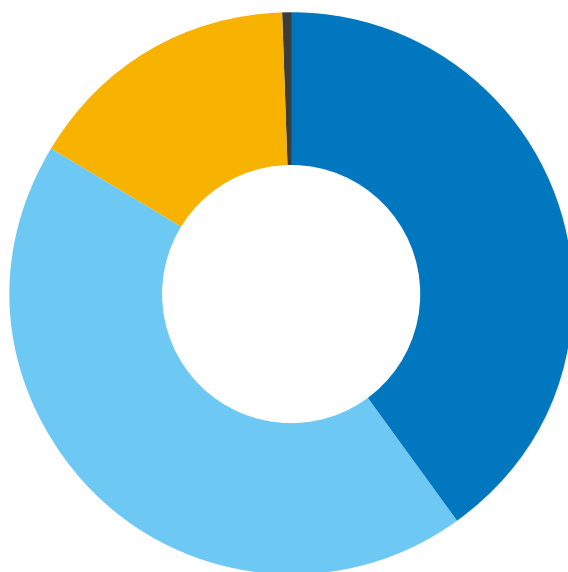
TOTAL \$ 2,405,429 100%



EXPENDITURE

Projects	\$ 1,033,358	40.02%
Research	\$ 1,130,225	43.78%
Administration	\$ 406,374	15.74%
Depreciation	\$ 11,840	0.46%

TOTAL \$ 2,581,797 100%



GOVERNANCE

The constitution of Arthritis Australia allows for an independent board of six to eight members elected by the members of Arthritis Australia, and a Council of Advice consisting of nominees or organisations that are affiliated with Arthritis Australia.

A formal Memorandum of Understanding (MOU) between Arthritis Australia and Affiliated organisations establishes guidelines for collaboration and outlines clear roles, responsibilities and obligations of each partner.

BOARD MEMBERS

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Chair – from November 2017

Mr Roger Mattar

Deputy Chair – from November 2017 /
Co Secretary – from 20 July 2018
Chair – until November 2017

Mr David Motteram OAM

Deputy Chair – until November 2017

Mr Wayne Jarman

Treasurer

Assoc Prof Susanna Proudman

Medical Director

Mrs Wendy Favorito

Consumer Director

Mrs Judith Nguyen OAM

Board Member – until March 2018

Michael Touma

Board Member – from May 2018

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Dr Mona Marabani MBBS

Prof Patrick McNeil

CEO

Ms Ainslie Cahill

CEO and Company Secretary
until 20 July 2018

Mr Andrew Mills

CEO from 20 July 2018

SCIENTIFIC ADVISORY PANEL

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Dr Julien de Jager

Dr Anna Dorai Raj

Prof David Hunter

Prof Graeme Jones

Prof Michelle Leech

Dr Mona Marabani

Dr Andrew Taylor

COUNCIL OF ADVICE MEMBERS

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Mr Andrew Walker

Deputy Chair

Dr Ian Dover

– until April 2017

Ms Hilary Fowler

Dr Irene Froyland

Ms Jenni Gough

– appointed November 2016

Mr Garry Heald

– until October 2016

Mr Allan Ryan

Ms Kate Templeman

– appointed April 2017

GRANTS ASSESSMENT COMMITTEE

Prof Graeme Jones

Chair

Assoc Prof Susanna Proudman

Chair

Dr Helen Benham

Dr Tania Crotti

Mrs Wendy Favorito

Assoc Prof Catherine Hill

Prof Rana Hinman

Prof Chris Little

Dr Mandana Nikpour

Mrs Judith Nguyen

Prof Johannes Nossent

PATRON

His Excellency General the

Honourable Sir Peter Cosgrove

AK MC (Retd), Governor-General
of the Commonwealth of Australia.



OUR SUPPORTERS

We are extremely grateful to our supporters who have supported our work in raising awareness, delivering education and support services, providing annual research grants and developing advocacy programs. Many have contributed expertise, time, funding, goods and services.

Awareness and education

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Michael Downes
Georgia Tech Research
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2017-2018 Fundraising of \$500+

Daniel Baluyot
Alisha Frittmann
ISPT Melbourne team
Janine Hammond
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Tina Jovanovska
Andrew Mills
Alana Schuurs
Yuxian Seow

2017-2018 Donations of \$500+

A.G. Coombs Group
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Paul Scott
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Tronsec Security
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Alice Simpson
Meridy Taite
Estate of Sidney Frank
Turner
Peter Twiner
Robert Palmer
Amanda Ugo
In memory of Diane Veigel
Bruce Wallis
Christine Woodruff
Agni Ziogos

THANK YOU FOR YOUR SUPPORT

2017-2018 JIA Scholarship Appeal

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UCB

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Ms Jenny Purdle and
M Alyward
Mr & Mrs Mackenzie
Mr & Mrs B Tattershall

National Consumer Reference Group

Wendy Favorito (chair)
Danielle Dunlevey
Paul Forrestal
Michelle Graham
Sarah McHarg
Alison Park
Murray Smith
Linda Spurrier
Max Stoneman

Medicines Australia Community Chest

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Senator Carol Brown,
Convenor, the Senate,
Canberra
Senator Rachel Siewert,
the Senate, Canberra

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MEDICINES
Australia



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ARTHRITIS INFORMATION & CONTACTS



<https://arthritisaustralia.com.au/>
No matter who you are, or your experience with arthritis, we're here to help you manage your symptoms and get on with life.



Information and self-management plans tailored for people who have joint pain or been diagnosed with osteoarthritis. myjointpain.org.au



Online support for Australians living with rheumatoid arthritis, ankylosing spondylitis and psoriatic arthritis. www.empowered.org.au

WHO CAN YOU CONTACT?

For all arthritis information: Arthritis Infoline 1800 011 041 – www.arthritisaustralia.com.au

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Andrew Mills
– Chief Executive Officer

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F: 08 9388 4488
E: general@arthritiswa.org.au
www.arthritiswa.org.au
Ric Forlano
– Executive Director



Ainslie Cahill CEO
(till 20 July 2018)



Andrew Mills CEO (from 20 July 2018)
Deputy CEO (November 2017- July 2018)



Alex Brayshaw
Accessible Packaging Researcher



Athena Tzigeras
Administration (from May 2018)



Franca Marine – National Policy
and Government Relations Manager



Chris Dickson
Project Manager



Dora Stavrakis – Projects Coordinator/
Office Administrator (until April 2018)



Devika Ravindran
Accountant



Lindsey Parks
Social Media Manager



Ron Richardson
Financial Administrator

WHAT ARE WE DOING NEXT YEAR?

IN 2019 WE WILL:

Launch the National Strategic Action Plan for Arthritis and advocate for its implementation

Continue to advocate for increased funding for arthritis research from the Australian Government’s Medical Research Future Fund

Undertake a study of access to rheumatology services for people with arthritis living in rural and regional areas of Australia to support workforce planning

Launch My Back Pain website

Launch a new Rheumatoid Arthritis Patient Support Program

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