### Specific Resources

- **National Institute for Health and Clinical Excellence**
  Provides full text access to a wide range of guidelines, including:
    [http://bookshop.rcplondon.ac.uk/](http://bookshop.rcplondon.ac.uk/)

- **Royal College of Physicians of London (aimed at professionals)**
    [http://bookshop.rcplondon.ac.uk/](http://bookshop.rcplondon.ac.uk/)

- **NHS Evidence - Topics**
  Provides evidence-based summaries for a number of different topics, inc:
  - Osteoarthritis
  - Rheumatoid arthritis
  - Ankylosing Spondylitis
  - Gout
  - Osteoporosis
    [http://www.evidence.nhs.uk/topics#l_o](http://www.evidence.nhs.uk/topics#l_o)

- **British Society for Rheumatology**
  Provides access to a number of guidelines including:
  - Management of rheumatoid arthritis (after the first 2 years) (2009).

- **American College of Rheumatology**
  A US professional organisation researching all areas of rheumatology.

- **Bandolier**
  An evidence-based healthcare journal, reviewing and summarising medicine.
  [http://www.medicine.ox.ac.uk/bandolier/index.html](http://www.medicine.ox.ac.uk/bandolier/index.html)

### Patient Resources

- **Family Health Guide**
  A webpage providing overviews, blogs and chat rooms on a number of health related matters.
  [http://www.familyhealthguide.co.uk/](http://www.familyhealthguide.co.uk/)

- **Merck Manual**
  A US online medical manual for patients and carers

- **Netdoctor**
  NetDoctor.co.uk is a collaboration between doctors, healthcare professionals, information specialists and patients providing access to quality-assessed info.
  [http://www.netdoctor.co.uk/](http://www.netdoctor.co.uk/)

- **NHS Direct**
  NHS Direct exists to make a difference to the lives of people in England, 24 hours a day, 365 days a year.

- **NHS Evidence**
  A search portal for evidence based patient and professional information.

- **Patient UK**
  Comprehensive health information as provided by GPs and nurses to patients during consultations.
  [http://www.patient.co.uk/](http://www.patient.co.uk/)

- **PubMed Health**
  An online database covering numerous health related topics
<table>
<thead>
<tr>
<th>Patient Charities</th>
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<tr>
<td><strong>Arthritis Research UK</strong>&lt;br&gt;A UK charity researching all aspects of arthritis.&lt;br&gt;<a href="http://www.arthritisresearchuk.org/">http://www.arthritisresearchuk.org/</a></td>
<td><strong>Myositis Support Group</strong>&lt;br&gt;A UK charity specifically for the inflammatory myopathies; Dermatomyositis, Polymyositis, Inclusion Body Myositis and Juvenile Dermatomyositis.&lt;br&gt;<a href="http://www.myositis.org.uk">http://www.myositis.org.uk</a></td>
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<td><strong>Arthritis Care</strong>&lt;br&gt;A UK charity working with and for people suffering from arthritis.&lt;br&gt;<a href="http://www.arthritiscare.org.uk/Home">http://www.arthritiscare.org.uk/Home</a></td>
<td><strong>National Ankylosing Spondylitis Society (NASS)</strong>&lt;br&gt;A website providing information and advice on Ankylosing Spondylitis.&lt;br&gt;<a href="http://www.nass.co.uk/">http://www.nass.co.uk/</a></td>
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<tr>
<td><strong>Behçet's Syndrome Society</strong>&lt;br&gt;The official UK patient support group for people with Behçet’s disease.&lt;br&gt;<a href="http://www.behcets.org.uk/">http://www.behcets.org.uk/</a></td>
<td><strong>National Osteoporosis Society</strong>&lt;br&gt;A UK charity dedicated to improving the diagnosis, prevention and treatment of osteoporosis, offering a range of services to people who are concerned about osteoporosis.&lt;br&gt;<a href="http://www.nos.org.uk/">http://www.nos.org.uk/</a></td>
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<tr>
<td><strong>British Sjögren's Syndrome Association</strong>&lt;br&gt;A registered charity, to raise awareness of the disease and support research into its cause and treatment&lt;br&gt;<a href="http://www.bssa.uk.net">http://www.bssa.uk.net</a></td>
<td><strong>National Rheumatoid Arthritis Society</strong>&lt;br&gt;Support and information for people with Rheumatoid Arthritis and Juvenile Idiopathic Arthritis&lt;br&gt;<a href="http://www.nras.org.uk/">http://www.nras.org.uk/</a></td>
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<td><strong>Brittle Bone Society</strong>&lt;br&gt;A UK wide organisation providing support to people affected by the bone condition Osteogenesis Imperfecta.&lt;br&gt;<a href="http://www.brittlebone.org/">http://www.brittlebone.org/</a></td>
<td><strong>Paget’s Association</strong>&lt;br&gt;A charity acting as a resource for those with Paget’s disease of bone, the public and health professionals, offering information and support when necessary.&lt;br&gt;<a href="http://www.paget.org.uk/">http://www.paget.org.uk/</a></td>
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<td><strong>Fibromyalgia Association UK</strong>&lt;br&gt;Fibromyalgia Association UK is a registered charity forwarding the cause of fibromyalgia&lt;br&gt;<a href="http://www.fibromyalgia-associationuk.org/">http://www.fibromyalgia-associationuk.org/</a></td>
<td><strong>Psoriasis help organisation</strong>&lt;br&gt;A website providing information and guidance on aspects of psoriasis, including psoriatic arthritis.&lt;br&gt;<a href="http://psoriasis-help.org.uk/">http://psoriasis-help.org.uk/</a></td>
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<td><strong>Hypermobility Syndrome Association</strong>&lt;br&gt;A charity for people diagnosed with the Hypermobility Syndrome.&lt;br&gt;<a href="http://www.hypermobility.org/">http://www.hypermobility.org/</a></td>
<td><strong>Scleroderma Society</strong>&lt;br&gt;A UK charity to research and support people with the scleroderma disease.&lt;br&gt;<a href="http://www.sclerodermasociety.co.uk">http://www.sclerodermasociety.co.uk</a></td>
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<td><strong>Lupus UK</strong>&lt;br&gt;A registered UK charity supporting people with systemic and discoid lupus.&lt;br&gt;<a href="http://www.lupusuk.org.uk/">http://www.lupusuk.org.uk/</a></td>
<td><strong>UK Gout Society</strong>&lt;br&gt;A registered charity to provide information and support about this metabolic disorder for people who suffer from gout.&lt;br&gt;<a href="http://www.ukgoutsociety.org/">http://www.ukgoutsociety.org/</a></td>
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<td><strong>My day for Rheumatoid Arthritis</strong>&lt;br&gt;A website to find information to help you make the best lifestyle, health and management choices, now and for the future.&lt;br&gt;<a href="http://www.mydayforra.com/">http://www.mydayforra.com/</a></td>
<td><strong>Vasculitis Foundation</strong>&lt;br&gt;An American organisation providing information and coping strategies for those people suffering from Vasculitis.&lt;br&gt;<a href="http://www.vasculitisfoundation.org/">http://www.vasculitisfoundation.org/</a></td>
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# Journal articles

**Arthritis News**  
British lifestyle magazine published by the charity Arthritis Care.  
[http://www.arthritiscare.org.uk/PublicationsandResources/Listedbytype/Magazines/@106622](http://www.arthritiscare.org.uk/PublicationsandResources/Listedbytype/Magazines/@106622)

**Arthritis Today**  
American Health magazine published by the Arthritis foundation  
[http://www.arthritistoday.org](http://www.arthritistoday.org)

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<tr>
<th>Author(s)</th>
<th>Title</th>
<th>Journal</th>
<th>Volume/Issue</th>
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<tbody>
<tr>
<td>Barker, T. &amp; Puckett</td>
<td>Rheumatoid arthritis: coping with disability</td>
<td>Rehabilitation Nursing</td>
<td>35(2)</td>
<td>75-9</td>
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<td>Becker, M. &amp; Ruoff, G.</td>
<td>What do I need to know about gout?</td>
<td>Journal of Family Practice</td>
<td>59(6 Suppl)</td>
<td>s1-8</td>
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<td>Bosworth, A.</td>
<td>A patient’s journey: rheumatoid arthritis</td>
<td>BMJ</td>
<td>342</td>
<td>104-6</td>
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<tr>
<td>Chande, M.</td>
<td>Fighting fatigue</td>
<td>Arthritis News</td>
<td>June/July</td>
<td>21-28</td>
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<tr>
<td>D’Arcy, Y.</td>
<td>New thinking about fibromyalgia pain</td>
<td>Nursing</td>
<td>41(2)</td>
<td>63-4</td>
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<td>Dasgupta, B. et al.</td>
<td>BSR and BHPR guidelines for the management of polymyalgia rheumatica</td>
<td>Rheumatology</td>
<td>49(1):</td>
<td>186–190</td>
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<td>Davis, C.</td>
<td>Joint approach to arthritis care</td>
<td>Nursing Standard</td>
<td>24(39)</td>
<td>22-23</td>
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<tr>
<td>Finney, A &amp; Thwaites, C.</td>
<td>Rheumatoid arthritis: part 1: background, symptoms and ensuring prompt diagnosis and treatment</td>
<td>Nursing Times</td>
<td>106(9)</td>
<td>22-4</td>
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<tr>
<td>Finney, A &amp; Thwaites, C.</td>
<td>Rheumatoid arthritis, part 2: exploring treatment options to achieve early control and remission</td>
<td>Nursing Times</td>
<td>106(10)</td>
<td>18-20</td>
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<tr>
<td>Home, D. &amp; Carr, M.</td>
<td>Rheumatoid arthritis: the role of early intervention and self management</td>
<td>British Journal of Community Nursing</td>
<td>14(10)</td>
<td>432-6</td>
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<td>Keefe, F. &amp; Somers, T.</td>
<td>Psychological approaches to understanding and treating arthritis pain</td>
<td>Nature Reviews Rheumatology</td>
<td>6(4)</td>
<td>210-6</td>
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<tr>
<td>Matheson, L. et al.</td>
<td>'Your whole life, your whole world, it changes': partners' experiences of living with rheumatoid arthritis</td>
<td>Musculoskeletal Care</td>
<td>8 (1)</td>
<td>36-45</td>
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<td>McVeigh, C. &amp; Cairns, A.</td>
<td>Diagnosis and management of ankylosing spondylitis</td>
<td>BMJ</td>
<td>333:</td>
<td>581-585</td>
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<tr>
<td>Perez-Ruiz, F.</td>
<td>Treating to target: a strategy to cure gout</td>
<td>Rheumatology</td>
<td>48 (sup2)</td>
<td>9-14</td>
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<tr>
<td>Sawyer, S.</td>
<td>Connective tissue and joint disease, part 1: systemic lupus erythematosus</td>
<td>Practice Nurse</td>
<td>39(1)</td>
<td>38-45</td>
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<td>Schlesinger, N.</td>
<td>Diagnosing and treating gout: a review to aid primary care physicians</td>
<td>Postgraduate Medicine</td>
<td>122(2)</td>
<td>157-61</td>
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<tr>
<td>Swann, J.</td>
<td>Managing rheumatoid arthritis: joint protection and treatment</td>
<td>British Journal of Healthcare Assistants</td>
<td>5(2)</td>
<td>78-81</td>
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<td>Swann, J.</td>
<td>Ankylosing spondylitis: living with the condition</td>
<td>British Journal of Healthcare Assistants</td>
<td>3(5)</td>
<td>235-8</td>
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<td>Tanna, N.</td>
<td>Osteoporosis and fragility fractures: identifying those at risk and raising public awareness</td>
<td>Nursing Times</td>
<td>105(38)</td>
<td>28-31</td>
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<td>Voda, S.</td>
<td>Helping older men bone up on osteoporosis</td>
<td>Nursing</td>
<td>39(12)</td>
<td>66-7</td>
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<td>Walker, J.</td>
<td>Osteoporosis: pathogenesis, diagnosis and management</td>
<td>Nursing Standard</td>
<td>22(17)</td>
<td>48-56</td>
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**British Journal of Community Nursing**  
[http://www.bjcnonline.com](http://www.bjcnonline.com)

**British Journal of Healthcare Assistants**  
[http://www.bjchaonline.com](http://www.bjchaonline.com)

**Musculoskeletal Care**  
[http://www.mscare.co.uk](http://www.mscare.co.uk)

**Nursing Standard**  
[http://www.nursing-standard.co.uk](http://www.nursing-standard.co.uk)
Books and reports


Use http://www.swims.nhs.uk/ or even www.amazon.co.uk to search for other books or use www.evidence.nhs.uk to search for more articles. Links are provided to electronic full text where available.

For assistance or training in locating and obtaining resources, please contact the Portsmouth NHS Library Service staff

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