

# Quality Standards in axial SpA.



Axial SpA  
works silently.  
We don't.

## A values-based approach

What do axial SpA patients want, need and value from their healthcare professionals? How can you make every conversation count?

**Overarching principles:**  
Axial SpA patients told us



I want to be listened to, heard and taken seriously.



I want any investigations relating to my diagnosis or future care to be carried out in a timely manner.

## Ongoing care



If needed, I want my health care professional to refer me to rheumatology promptly and have an informed discussion about how I can manage my symptoms while awaiting the appointment.

I want to get my diagnosis in person, at a face to face, online or telephone appointment, rather than in writing, so I feel able to ask questions.



I want to be supported by my health care professionals in the appointment to explain all the symptoms I'm experiencing, including ones which I'm unsure are related, without feeling rushed.

I want access to a flare/nurse helpline, so I can access advice and support during a flare if needed.



I want to be actively involved in discussions about medication options, to make decisions together about my care.

I want a referral for an individual physiotherapy appointment where I can discuss the exercises best suited to me, my lifestyle and my abilities.



I want to feel comfortable with my health care professionals and have time to discuss the impact of axial SpA on my life, such as fears of the future, sex life, fertility, pregnancy, menopause, relationships, home life, medication side effects, emotional wellbeing, work, and social life.

I want time in my follow-up appointments to discuss with my health care professionals how my flares and symptoms are affecting me, how frequently they occur and how long they last.



## Download our toolkit

Make the most of your time with your axial SpA patients. Visit the NASS website and make every conversation count by downloading our toolkit, *Time flies: tools to help make the most of consultations*

visit [www.nass.co.uk](http://www.nass.co.uk)

These quality statements were created from a long list based on the report 'Headstrong Thinking Limited, What do patients value and need in the diagnosis, treatment and care of axial spondyloarthritis? (2022) London: National Axial Spondyloarthritis Society', and further voted as a top ten by people 120 people with axial SpA.

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Driving improvements in axial SpA care