People. Pain. Priorities.
Pobl. Poen. Blaenoriaethau.

PUSHING BACK AGAINST ARTHRITIS IN WALES
TRECHU ARTHRITIS YNG NGHYMRU

Now more than ever, we need your help to push back against the pain of arthritis.

The pandemic has been especially challenging for many of the 887,000 people in Wales who live with arthritis and other musculoskeletal conditions. Many have been shielding. Many have had life-changing treatments and services postponed and now face a much longer wait in severe pain.

This manifesto identifies what Wales must do in the next four years to reduce the impact of arthritis – not only its impact on individuals and their families, but also on our economy and our health and social care services.

Musculoskeletal conditions are often 'hidden' conditions, yet they are among the biggest causes of persistent pain, disability and working days lost in Wales.

Our message is clear – arthritis can devastate lives, but with your help we can push back against the pain of arthritis. Together, we can make a real difference to the lives of many thousands of people in our communities.

Cymru Versus Arthritis is calling for:

1. A new National Orthopaedic Recovery and Transformation Plan to rebuild and protect Wales's orthopaedic services, reduce the backlog and waiting times and create a high-quality service fit for the future.
2. The appointment of a Musculoskeletal National Clinical Lead for Wales to support the implementation of the National Arthritis and Long-Term Musculoskeletal Conditions Framework – to strengthen prevention, early intervention, self-management and patient access to the right services at the right time.
3. Safeguarding good musculoskeletal health as more people work from home and promoting measures and schemes that can support people with arthritis to be in or stay in work.
4. Senedd candidates to understand the impact of arthritis and musculoskeletal conditions, recognise these conditions as a healthcare priority in Wales and be champions for people living with arthritis and musculoskeletal conditions in their constituencies and regions.

Erbyn hyn, mae angen eich help chi arnom ni fwy nag erioed i fynd ati i leddfu poen arthritis.

Bu'r pandemig yn arbennig o heriol i nifer farw o'r 887,000 o bobl yng Nghymru sy'n byw gydag arthritis neu gyflyrau cyhyrysgerbydol eraill. Bu llawer yn cymryd camau gwarchod. Yn ogystal bu'n rhaid gohirio triniaethau a gwasanaethau newid bywyd i sawl un. O ganlyniad, maen nhw'n wynebu amser aros llawer hirach tra'u bod nhw mewn poen difrifol.

Mae'r maniffesto hwn yn adnabod camau gweithredu hanfodol i Gymru yn ystod y pedair blynedd nesaf er mwyn lleihau effaith arthritis – dim yn unig ei effaith ar unigolion a'u teuluoedd, ond hefyd yr effaith ar ein heconomi ac ein gwasanaethau iechyd a gofal cymdeithasol.

Yn aml iawn mae cyflyrau cyhyrysgerbydol yn gyflyrau 'cudd', ond maen nhw ymysg yr achosion uchaf o boen parhaus, anableddau a cholli dyddiau gwaith yng Nghymru.

Mae ein neges yn amlwg – fe all arthritis ddinistrio bywydau, ond gyda'ch help chi fe allwn ni fynd ati i leddfu poen arthritis. Gyda'n gilydd, fe allwn ni wneud gwir wahaniaeth i fywydau miloedd o bobl yn ein cymunedau.

Mae Cymru Versus Arthritis yn galw am y canlynol:

1. Cynllun Gwella a Thrawsnewid Orthopedig Cenedlaethol newydd i ail-ffurfio a gwarchod gwasanaethau orthopedig Cymru, lleihau'r llwyth wrth gefn ac amseroedd aros, ynghyd â sefydlu gwasanaeth o safon a fydd yn ffynnu yn y dyfodol.
2. Penodi Arweinydd Cyhyrysgerbydol Clinigol Cenedlaethol newydd yng Nghymru i gefnogi gweithredu'r Fframwaith Arthritis a Chyflyrau Cyhyrysgerbydol Hirdymor Cenedlaethol – er mwyn cryfhau'r gwaith i rwystro'r cyflyrau hyn, ymyraethau cynnar, technegau hunan-reoli a modd i gleifion fanteisio ar y gwasanaethau priodol ar yr adeg briodol.
3. Diogelu iechyd cyhyrysgerbydol da wrth i fwy o bobl weithio o adref, ynghyd â hyrwyddo mesurau a chynlluniau a all gefnogi pobl gydag arthritis i ddod o hyd i waith neu i barhau i weithio.
4. Gofalu bod ymgeiswyr y Senedd yn deall union effaith arthritis a chyflyrau cyhyrysgerbydol, eu cydnabod fel blaenoriaeth yn y maes gofal iechyd yng Nghymru a gweithredu fel hyrwyddwyr ar gyfer pobl sy'n byw gyda'r cyflyrau hyn yn eu hetholaethau a rhanbarthau.

POLICY CALL ONE

Develop a National Orthopaedic Recovery and Transformation Plan to rebuild and protect Wales's orthopaedic services, reduce the backlog and waiting times and create a high-quality service fit for the future.

Elective orthopaedic services have been particularly hard-hit during the COVID-19 pandemic. Waiting times for surgery have grown significantly,[i] and many thousands of people are now waiting much longer in severe – and increasing – levels of pain. The consequences of such day-in, day-out pain can be devastating. People face severe impacts to their independence, mobility, ability to work and mental health.

In a recent Versus Arthritis survey of people shielding during the pandemic, 45% said that their pain had got worse through lockdown and 59% said that their operations had been cancelled.[ii]

Operations like knee and hip replacements can be transformational.[iii] They can replace excruciating pain with restored mobility and independence. However, delays to surgery can impact physical and mental health, and can even lessen the positive impact of surgery itself.[iv]

We need elective orthopaedic capacity to be restored safely as soon as possible and for that capacity to be protected from other pressures on healthcare services. The challenge facing orthopaedic services in Wales is significant. Joint replacement services have been under huge pressure for many years. We want to see Wales rebuild a better and stronger orthopaedic service that is fit for the future.

We are calling for a national, co-produced strategic plan that will bring together expertise from across our Health Boards, health professionals, third sector and people who access services. Informed by established standards and best practice – as well as a detailed capacity/demand analysis – the National Orthopaedic Recovery and Transformation Plan must rebuild orthopaedic services to deliver better health outcomes and create a service that Wales deserves.

Cymru Versus Arthritis is calling for:

A new National Orthopaedic Recovery and Transformation Plan that will:

- restore capacity and activity levels in elective orthopaedic services
- reduce the backlog of procedures and bring down waiting times
- review capacity/demand for orthopaedic services in Wales
- provide support for people who are waiting longer for surgery
- build back stronger – take a strategic approach to designing a high-quality service fit for the future, for the whole of Wales.

GALWAD POLISI UN

Datblygu Cynllun Gwella a Thrawsnewid Orthopedig Cenedlaethol er mwyn ail-ffurfio a gwarchod gwasanaethau orthopedig Cymru, lleihau'r llwyth wrth gefn ac amseroedd aros ynghyd â sefydlu gwasanaeth o safon a fydd yn ffynnu yn y dyfodol.

Cafodd gwasanaethau orthopedig dewisol eu heffeithio'n sylweddol yn ystod y pandemig COVID-19 . Bu twf sylweddol yn yr amseroedd amser ar gyfer llawdriniaethau,[i] ac erbyn hyn mae miloedd o bobl yn disgwyl yn llawer hirach ac yn dioddef lefelau poen difrifol a chynyddol. Fe allai effeithiau poen parhaus o'r fath fod yn drychinebus. Mae'n effeithio'n sylweddol ar annibyniaeth, symudedd ac iechyd meddwl y bobl, yn ogystal â'u gallu i weithio.

Mewn arolwg diweddar gan Versus Arthritis i bobl oedd yn cymryd camau gwarchod yn ystod y pandemig, fe ddywedodd 45% bod eu poen wedi gwaethygu yn ystod y cloi mawr a dywedodd 59% bod eu llawdriniaethau wedi'u canslo.[ii]

Fe allai llawdriniaethau ar gyfer pen-gliniau a chluniau newydd newid bywydau pobl yn llwyr.[iii] Bydd y boen ddirdynnol yn diflannu a bydd modd symud yn llawer gwell a byw bywyd llawer mwy annibynnol. Fodd bynnag, fe all oedi gyda llawdriniaethau effeithio ar iechyd corfforol a meddyliol pobl a hyd yn oed lleihau effaith gadarnhaol y llawdriniaeth ei hun yn y pendraw.[iv]

Mae angen inni ofalu y caiff cymhwysedd orthopedig dewisol ei adfer yn ddiogel mor fuan â phosib ynghyd â gwarchod y cymhwysedd hwnnw rhag pwysau eraill ar y gwasanaethau gofal iechyd.

Mae gwasanaethau orthopedig Cymru'n wynebu her aruthrol. Bu gwasanaethau cymalau newydd o dan bwysau enfawr ers blynyddoedd maith. Fe hoffwn ni weld Cymru'n mynd ati i ail-ffurfio gwasanaeth orthopedig sy'n fwy effeithiol a chryfach ac a wnaiff ffynnu yn y dyfodol.

Rydym yn galw am gynllun strategol cenedlaethol ar y cyd a fydd yn dwyn ynghyd arbenigedd gweithwyr ein Byrddau Iechyd, gweithwyr iechyd proffesiynol, gweithwyr y trydydd sector a'r rheiny sy'n manteisio ar ein gwasanaethau. Y nod ydy y byddai'r Cynllun Gwella a Thrawsnewid Orthopedig Cenedlaethol yn ail-ffurfio gwasanaethau orthopedig i gynnig gwell ddeilliannau iechyd a'r gwasanaeth y mae Cymru'n ei haeddu gan fanteisio ar safonau sefydlog ac ymarfer gorau, ynghyd â dadansoddiad cymhwysedd/galw manwl.

Mae Cymru Versus Arthritis yn galw am y canlynol:

Cynllun Gwella a Thrawsnewid Orthopedig Cenedlaethol newydd a fydd yn:

- adfer lefelau cymhwysedd a gweithgarwch gwasanaethau orthopedig dewisol
- lleihau'r llwyth wrth gefn o lawdriniaethau a gostwng yr amseroedd aros
- adolygu'r cymhwysedd/galw am wasanaethau orthopedig yng Nghymru
- cynnig gwybodaeth i bobl sy'n disgwyl yn hirach am lawdriniaethau
- goresgyn yn gryfach – gweithredu dull strategol i lunio gwasanaeth o safon a fydd yn ffynnu yn y dyfodol, er Cymru gyfan.

POLICY CALL TWO

Implement the new National Arthritis and Long-Term Musculoskeletal Conditions Framework, supported by a new Musculoskeletal National Clinical Lead for Wales – to strengthen prevention, early intervention and self-management, and to provide access to the right services at the right time.

Following a campaign led by Cymru Versus Arthritis that gained much cross-party support, the Welsh Government worked with key stakeholders to develop a new national framework to improve arthritis and musculoskeletal health services across Wales.

Understandably, that policy work was paused during the pandemic. The development of the framework is nearly complete, and we will be calling on the Welsh Government to finish the work and begin implementation by the end of 2021.

People with arthritis and related conditions may access a range of healthcare services at different stages of their journey. These include primary care, rheumatology, pain management, orthopaedics, rehabilitation and many others. Accessing the right service at the right time is key. The framework outlines best practice and builds a pathway to help people gain timely access to the most appropriate healthcare services, treatments, support and information.

The framework promotes prevention and early intervention to help people overcome barriers to increased physical activity and to reach and maintain a healthy body weight. It also promotes early access to diagnosis, treatments and interventions. It emphasises the importance of supported self-management to help people understand their condition and learn practical skills and strategies to manage their condition.

The framework aims to maximise independence and empower and support people to live well in their community. The framework also offers the opportunity to further develop Wales' new Paediatric Rheumatology Service. The new multidisciplinary service was established at the Noah's Ark Children's Hospital for Wales in 2020 to support children living with arthritis.

Cymru Versus Arthritis is calling for the establishment of a new Musculoskeletal National Clinical Lead role, similar to roles that exist in other specialisms, to help complete and implement the framework.

Cymru Versus Arthritis is calling for:

Delivery of the new National Arthritis and Long-Term Musculoskeletal Conditions Framework, supported by a new Musculoskeletal National Clinical Lead, to:

- strengthen prevention and self-management provisions and support people to overcome barriers to increasing their physical activity levels
- ensure that people with arthritis and other musculoskeletal conditions can access the right services, treatment, support and information at the right time
- improve musculoskeletal health and healthcare services across Wales
- build on the support available to children living with arthritis in Wales via the new multidisciplinary Paediatric Rheumatology service.

GALWAD POLISI DAU

Gweithredu'r Fframwaith Arthritis a Chyflyrau Cyhyrysgerbydol Hirdymor Cenedlaethol newydd, gyda chefnogaeth Arweinydd Cyhyrysgerbydol Clinigol Cenedlaethol newydd yng Nghymru. Nod hyn ydy cryfhau'r gwaith i rhwystro, ymyraethau cynnar a thechnegau hunan-reoli ynghyd â chynnig modd i bobl fanteisio ar y gwasanaethau priodol ar yr adeg briodol.

Yn dilyn ymgyrch gan Cymru Versus Arthritis a wnaeth ddenu cefnogaeth eang gan fudiadau eraill, bu Llywodraeth Cymru yn cydweithio gyda rhanddeiliaid allweddol i ddatblygu fframwaith cenedlaethol newydd i wella gwasanaethau iechyd yn ymwneud ag arthritis a chyflyrau cyhyrysgerbydol.

Yn ddealladwy, rhaid oedd rhoi'r gorau i'r gwaith hwnnw am y tro yn ystod y pandemig. Mae'r fframwaith wedi'i ddatblygu'n eang a byddwn yn galw ar Lywodraeth Cymru i gwblhau'r gwaith a mynd ati i weithredu'r fframwaith erbyn diwedd 2021.

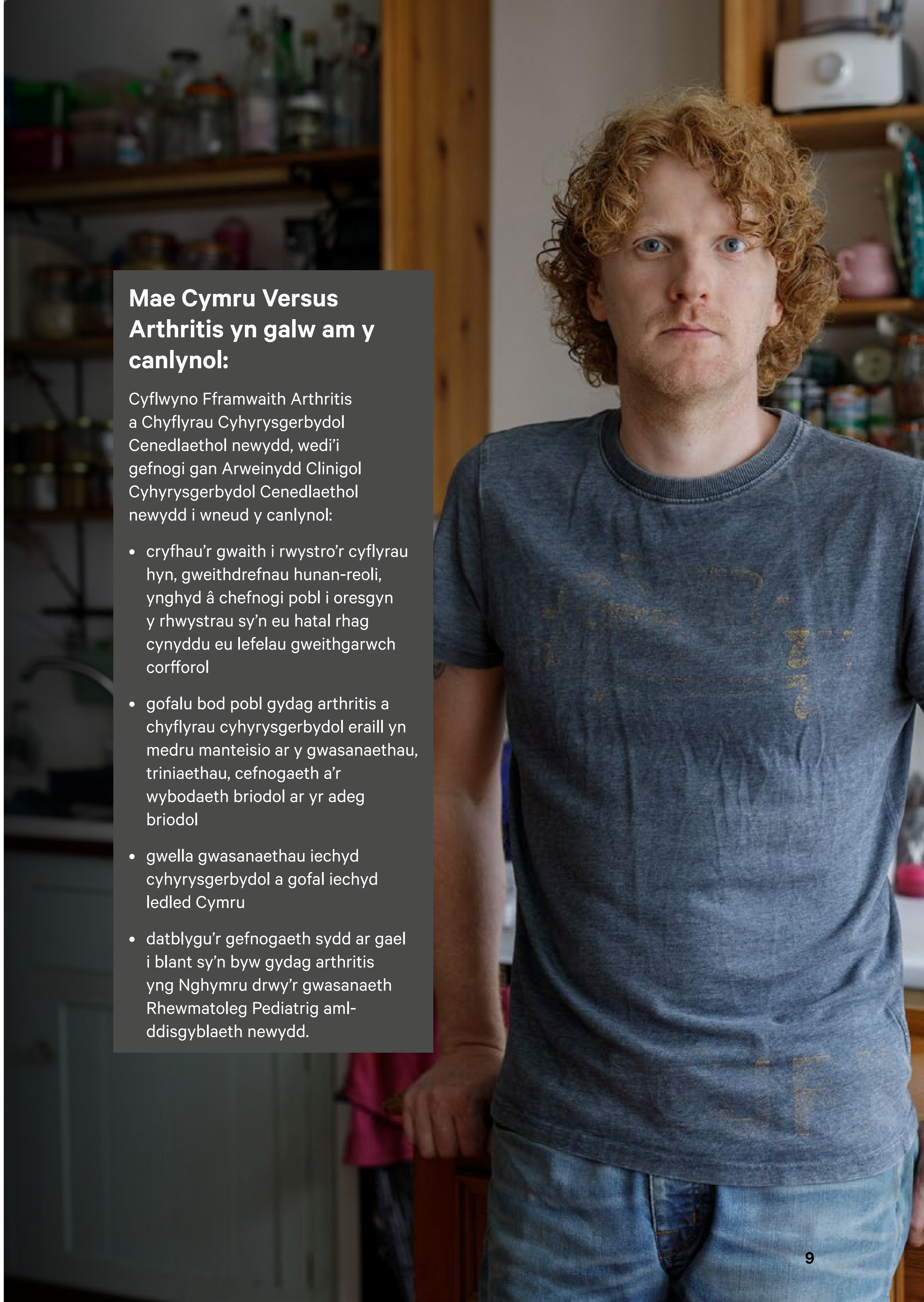
Mae modd i bobl gydag arthritis a chyflyrau cysylltiedig fanteisio ar ystod o wasanaethau gofal iechyd yn ystod gwahanol gamau o'u taith. Ymysg y gwasanaethau hyn mae gofal cynradd, rhewmatoleg, rheoli poen, orthopedeg, adsefydlu a llawer mwy.

Mae'n allweddol manteisio ar y gwasanaeth priodol ar yr adeg briodol. Mae'r fframwaith yn amlinellu ymarfer gorau ac yn cynnig llwybr i bobl fanteisio ar y gwasanaethau gofal iechyd, triniaethau, cefnogaeth a'r wybodaeth fwyaf addas mor brydlon â phosib.

Mae'r fframwaith yn hyrwyddo rhwystro ac ymyrraeth gynnar er mwyn helpu pobl i oresgyn rhwystrau i weithgarwch corfforol cynyddol ac i gyrraedd a chynnal pwysau iach. Mae hefyd yn hyrwyddo modd o fanteisio'n gynnar ar ddiagnosis, triniaethau ac ymyraethau. Mae'n pwysleisio pwysigrwydd hunan-reoli gyda chefnogaeth er mwyn i bobl fedru deall eu cyflwr a dysgu sgiliau a strategaethau ymarferol i reoli eu cyflwr. Nod y fframwaith ydy gofalu bod pobl mor annibynnol â phosib a'u grymuso a'u cefnogi i fyw'n dda yn eu cymuned.

Mae'r fframwaith hefyd yn gyfle i ddatblygu ymhellach Gwasanaeth Rhewmatoleg Pediatrig newydd Cymru. Cafodd y gwasanaeth amlddisgyblaeth newydd ei sefydlu yn Ysbyty Plant Cymru Arch Noa yn 2020 i gefnogi plant sy'n byw gydag arthritis.

Mae Cymru Versus Arthritis yn galw am sefydlu rôl Arweinydd Clinigol Cyhyrysgerbydol Cenedlaethol newydd, yn debyg i rolau sy'n bodoli mewn meysydd arbenigol eraill, i helpu cwblhau a gweithredu'r fframwaith.



Mae Cymru Versus Arthritis yn galw am y canlynol:

Cyflwyno Fframwaith Arthritis a Chyflyrau Cyhyrysgerbydol Cenedlaethol newydd, wedi'i gefnogi gan Arweinydd Clinigol Cyhyrysgerbydol Cenedlaethol newydd i wneud y canlynol:

- cryfhau'r gwaith i rwystro'r cyflyrau hyn, gweithdrefnau hunan-reoli, ynghyd â chefnogi pobl i oresgyn y rhwystrau sy'n eu hatal rhag cynyddu eu lefelau gweithgarwch corfforol
- gofalu bod pobl gydag arthritis a chyflyrau cyhyrysgerbydol eraill yn medru manteisio ar y gwasanaethau, triniaethau, cefnogaeth a'r wybodaeth briodol ar yr adeg briodol
- gwella gwasanaethau iechyd cyhyrysgerbydol a gofal iechyd ledled Cymru
- datblygu'r gefnogaeth sydd ar gael i blant sy'n byw gydag arthritis yng Nghymru drwy'r gwasanaeth Rhewmatoleg Pediatrig aml-ddisgyblaeth newydd.

POLICY CALL THREE

Safeguard good musculoskeletal health as more people work from home and promote measures and schemes that can support people with arthritis to be in or stay in work.

The pain of living with a musculoskeletal condition has a significant impact on many people's ability to remain in work. The longer people are absent from work, the higher the chances are of their permanently leaving the workforce.

Around 63% of working-age adults with a musculoskeletal condition are in work compared to around 82% of people with no health conditions.[v] Musculoskeletal conditions are also a leading cause of sickness absence. However, many people with these conditions want to work and can thrive in work with the right support.

Additional support – such as practical equipment or transport provision provided through the Access to Work scheme – can support people with arthritis and musculoskeletal conditions to remain in or to return to work.[vi]

Musculoskeletal conditions can be very unpredictable, and symptom severity can fluctuate significantly from day to day or even within the working day. Flexible working, including working from home or being able to alter working hours, can therefore be particularly beneficial to many people with arthritis. For some, that flexibility can make the difference between employment and not being in work, thus reducing the disability employment gap.

The pandemic has changed the world of work for many people, including those who moved rapidly to working from home. Cymru Versus Arthritis would like to see the right to flexible working become a default unless employers have a strong reason not to enable this.

However, it is vital that working from home is planned and supported in order to reduce the risks to musculoskeletal health posed by using inadequate equipment.

A recent Institute for Employment Studies study found that there has been a significant increase in musculoskeletal complaints among home workers,[vii] and a Cymru Versus Arthritis survey found that 84% of respondents in Wales who had desk-based jobs and who switched to working from home during the pandemic have since experienced joint, muscle or bone pain.[viii] Employers and employees need guidance to avoid this outcome.

Cymru Versus Arthritis is calling for:

- increased promotion of support services available to people with arthritis and musculoskeletal conditions to return to or remain in work, such as the Access to Work scheme.
- guidance for employers to support people with musculoskeletal conditions to be able to work flexibly and remotely where possible.
- action to increase awareness of employers' duties to enable staff to work safely and to promote good working practices, which extend to staff working remotely.

GALWAD POLISI TRI

Diogelu iechyd cyhyrysgerbydol da wrth i fwy o bobl weithio o adref a hyrwyddo mesurau a chynlluniau a all gefnogi pobl gydag arthritis i ddod o hyd i waith neu i barhau i weithio.

Mae'r boen o fyw gyda chyflwr cyhyrysgerbydol yn effeithio'n sylweddol ar allu nifer o bobl i barhau i weithio. Yr hiraf y bydd pobl yn absennol o'u gwaith, yr uwch ydy'r tebygolrwydd y byddan nhw'n gadael y gweithlu'n barhaol.

Mae oddeutu 63% o oedolion oed gweithio gyda chyflwr cyhyrysgerbydol yn gweithio o gymharu ag oddeutu 82% o bobl heb unrhyw gyflyrau iechyd.[v] Mae cyflyrau cyhyrysgerbydol ymysg yr achosion mwyaf cyffredin o absenoldeb yn sgil salwch. Fodd bynnag, mae llawer o bobl gyda'r cyflyrau hyn yn dymuno gweithio ac yn medru ffynnu yn eu gwaith gyda'r gefnogaeth briodol.

Fe all cefnogaeth ychwanegol – fel cyfarpar ymarferol neu gludiant drwy'r cynllun Mynediad at Waith – gefnogi pobl gydag arthritis a chyflyrau cyhyrysgerbydol i barhau yn eu gwaith neu ddychwelyd i'w gwaith.[vi]

Fodd bynnag, fe all cyflyrau cyhyrysgerbydol fod yn anrhagweladwy, ac fe all difrifoldeb y symptomau amrywio'n sylweddol o ddydd i ddydd neu'n ystod un diwrnod gwaith. Felly fe all gweithio hyblyg, gan gynnwys gweithio o adref neu fedru addasu oriau gwaith, fod yn fuddiol yn enwedig i nifer o bobl gydag arthritis. I rai, fe allai'r hyblygrwydd hwnnw wneud gwahaniaeth rhwng bod mewn gwaith a bod yn ddi-waith, a fydd o ganlyniad yn lleihau'r bwlch o ran y nifer o bobl anabl sydd mewn gwaith.

Bu i'r pandemig newid bywyd gwaith nifer o bobl, gan gynnwys y rheiny aeth ati ar unwaith i weithio o adref. Hoffai Cymru Versus Arthritis weld yr hawl i weithio'n hyblyg ddod yn drefn arferol oni bai fod gan y cyflogwyr reswm dilys dros beidio â chynnig hyn.

Fodd bynnag, mae'n hanfodol gofalu y caiff gweithio o adref ei gynllunio a'i gefnogi er mwyn lleihau'r peryglon i iechyd cyhyrysgerbydol pobl yn sgil defnyddio cyfarpar annigonol. Dengys astudiaeth ddiweddar gan y Sefydliad Astudiaethau Cyflogaeth y bu cynnydd sylweddol mewn cwynion cyhyrysgerbydol ymysg pobl sy'n gweithio o adref.[vii] At hyn, dengys arolwg Cymru Versus Arthritis bod 84% o ymatebwyr yng Nghymru gyda swyddi o flaen desg ac aeth ati i weithio o adref yn ystod y pandemig wedi profi poen yn eu cymalau, cyhyrau neu esgyrn.[viii] Mae angen cyfarwyddyd ar gyflogwyr a gweithwyr i osgoi canlyniadau o'r fath.

Mae Cymru Versus Arthritis yn galw am y canlynol:

- hyrwyddo'r gwasanaethau cefnogi sydd ar gael i bobl gydag arthritis a chyflyrau cyhyrysgerbydol i ddychwelyd i'r gwaith neu barhau i weithio, fel y cynllun Mynediad at Waith.
- arweiniad i gyflogwyr ar gefnogi pobl gyda chyflyrau cyhyrysgerbydol i fedru gweithio'n hyblyg ac o bell lle'n bosib.
- gweithredu i gynyddu ymwybyddiaeth cyflogwyr o'u dyletswyddau i alluogi staff, yn ogystal â'r staff sy'n gweithio o bell, i weithio'n ddiogel ac i hyrwyddo ymarferion gwaith da.

POLICY CALL FOUR

As a Senedd candidate, understand the impact of arthritis and musculoskeletal conditions, recognise them as a healthcare priority in Wales and be a champion for people living with these conditions in your constituency or region.

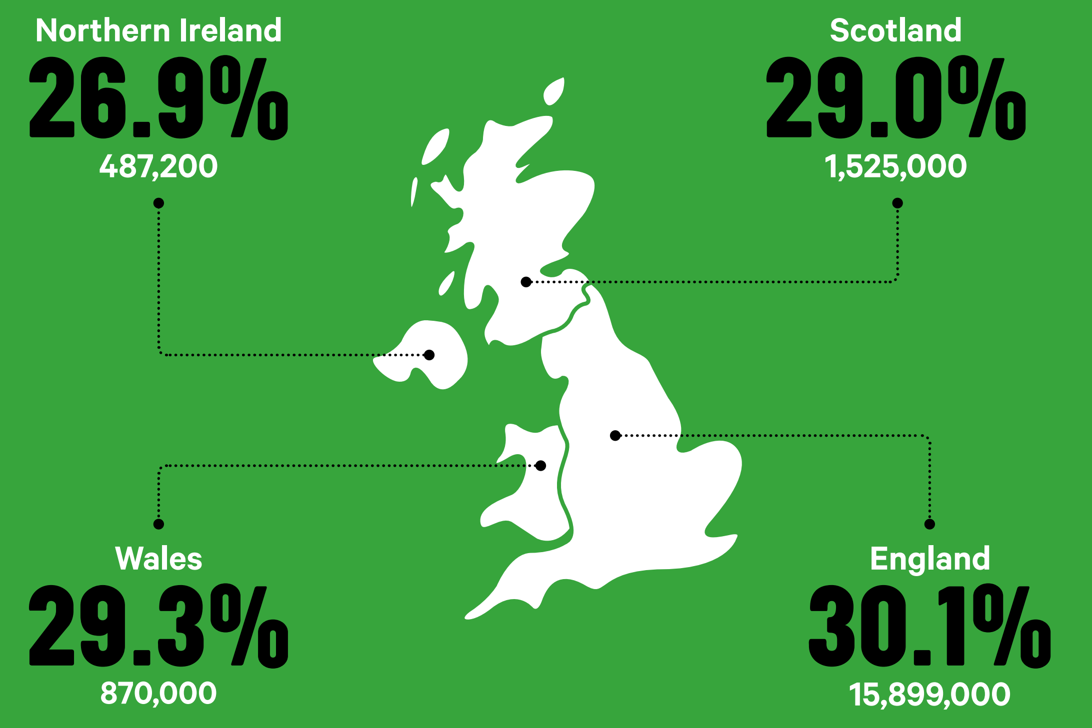
Arthritis and musculoskeletal conditions have a huge impact in Wales, both in terms of individuals and their families and in terms of the wider economy and health and social care sectors. Arthritis can strike at any age, including during childhood. It devastates lives, and just accepting arthritis and persistent pain is unacceptable.

You can be a champion for people with arthritis and musculoskeletal conditions in your constituency by listening to their experiences, working alongside Cymru Versus Arthritis, acting to improve services and learning more about the impact of arthritis.

Arthritis and musculoskeletal conditions are often ‘invisible’ because pain is hidden. However, these numbers highlight the impact of arthritis and musculoskeletal conditions in our communities:

- Musculoskeletal conditions are the most common longstanding health conditions in Wales,[ix] affecting **887,000** people – almost one third of our population.[x]

The prevelance of MSK conditions in the UK, all ages, 2019.



- Treating the two most common forms of arthritis, osteoarthritis and rheumatoid arthritis, is estimated to have cost the UK economy **£10.2 billion** in direct costs to the NHS and wider healthcare system in 2017.[xi]
- More than **90%** of elective knee and hip replacements are due to osteoarthritis.[xii]
- Musculoskeletal problems are the **second most common** reason for sickness absence in the UK after minor illnesses (such as colds), accounting for **27.8 million** days.[xiii]
- Depression is **four times** more common among people who have persistent pain compared to those without pain.[xiv]
- **78%** of people with arthritis surveyed say they experience pain **most days**.[xv]

Cymru Versus Arthritis is calling on candidates to:

Be champions for people with arthritis and musculoskeletal conditions in your constituency and region:

- push for arthritis health care services to be appropriately prioritised in your area.
- meet with Cymru Versus Arthritis after the election to find out how you can support our policy calls.
- support people with arthritis in your area by signposting them to Cymru Versus Arthritis services (helpline: 0800 5200 520).

Cymru Versus Arthritis is committed to helping you to reduce the impact of the pain of arthritis in your constituency.

About Cymru Versus Arthritis

We at Versus Arthritis are the UK’s largest charity focused on defying arthritis. We provide award-winning publications, self-management support, peer and virtual support, online communities and virtual assistants that answer questions about arthritis and COVID-19. We also fund research into breakthrough treatments that improve the lives of people with arthritis and related conditions.

Cymru Versus Arthritis has embarked on an ambitious plan to expand our peer support offering across Wales. We offer a helpline that signposts people to our services: 0800 5200 520. Our helpline is open Monday to Friday, 9:00 am to 8:00 pm, to provide practical, tailored support and information to people with arthritis and musculoskeletal conditions to help them manage their condition.

You can learn more at our website: www.versusarthritis.org

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for regular updates on our activities, follow us:
/CymruVersusArthritis
@CymruVArthritis

Pobl. Poen. Blaenoriaethau.

GALWAD POLISI PEDWAR

Fel ymgeisydd y Senedd, deall effaith arthritis a chyflyrau cyhyrysgerbydol, eu cydnabod fel blaenoriaeth yn y maes gofal iechyd yng Nghymru a gweithredu fel hyrwyddwr ar ran pobl sy'n byw gyda'r cyflyrau hyn yn eich etholaeth neu ranbarth.

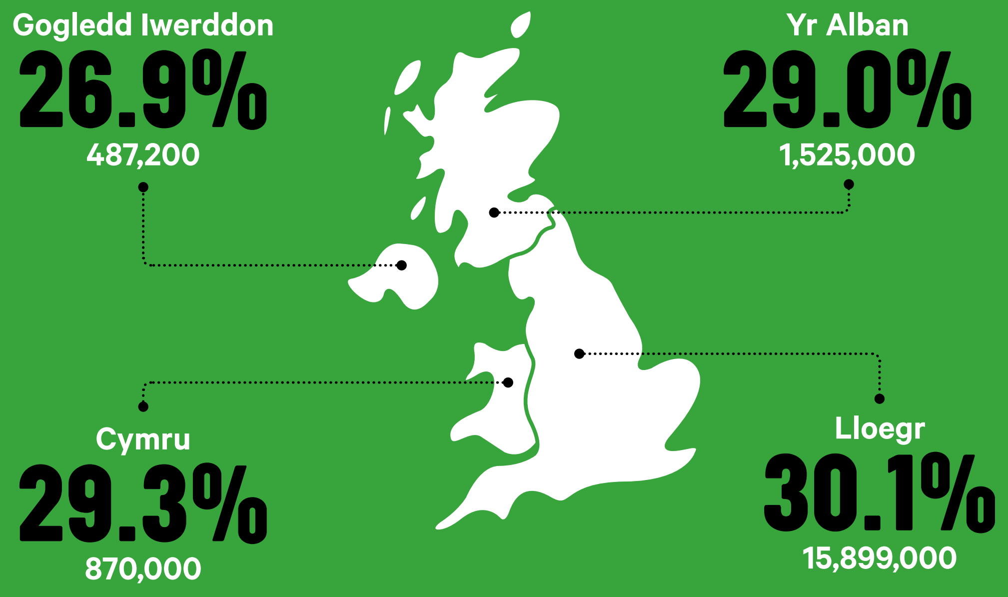
Mae arthritis a chyflyrau cyhyrysgerbydol yn cael effaith sylweddol yng Nghymru, o ran unigolion a'u teuluoedd ac o ran yr economi ehangach a'r sectorau iechyd a gofal cymdeithasol. Fe allai bobl o bob oed ddatblygu arthritis gan gynnwys plant ifanc. Mae'n dinistrio bywydau ac mae gorfod derbyn arthritis a phoen parhaus yn annerbyniol.

Gallwch weithredu fel hyrwyddwr i bobl gydag arthritis a chyflyrau cyhyrysgerbydol yn eich etholaeth drwy wrando ar eu profiadau, cydweithio gyda Cymru Versus Arthritis, gweithredu i wella gwasanaethau a dysgu mwy am effaith arthritis.

Mae arthritis a chyflyrau cyhyrysgerbydol yn aml yn 'anweladwy' oherwydd does dim modd gweld poen. Fodd bynnag, mae'r rhifau hyn yn amlygu effaith arthritis a chyflyrau cyhyrysgerbydol yn ein cymunedau:

- Cyflyrau cyhyrysgerbydol ydy'r cyflyrau iechyd hirsefydlog mwyaf cyffredin yng Nghymru,[ix] gan eu bod yn effeithio ar **887,000** o bobl – bron i draean o'n poblogaeth.[x]
- Bu'r amcan gost i drin y ddau ffurf mwyaf cyffredin o arthritis, sef osteoarthritis a rheumatoid arthritis yn **£10.2 biliwn** i Economi Prydain yn 2017 mewn costau uniongyrchol i'r GIG a'r system iechyd ehangach.[xi]

Cyffredinrwydd Cyflyrau Cyhyrysgerbydol ym Mhrydain ymysg pobl o bob oedran, 2019



- Mae dros **90%** o lawdriniaethau pengliniau a chluniau dewisol yn sgil osteoarthritis.[xiii]
- Problemau cyhyrysgerbydol ydy'r **ail achos mwyaf cyffredin** o absenoldeb oherwydd salwch ym Mhrydain, yn dilyn mân anhwylderau (fel annwyd), ac maen nhw'n cyfrif am **27.8 miliwn** o ddiwrnodau absenoldeb.[xiv]
- Mae iselder yn **bedair waith** yn fwy cyffredin ymysg pobl sy'n dioddef o boen parhaus o'i gymharu gyda'r rheiny heb unrhyw boen.[xiv]
- Dywedodd **78%** o bobl gydag arthrtitis y bu inni eu holi eu bod yn dioddef poen bron **bob diwrnod**.[xv]

Mae Cymru Versus Arthritis yn galw ar ymgeiswyr i wneud y canlynol:

Gweithredu fel hyrwyddwyr ar ran pobl gydag arthritis a chyflyrau cyhyrysgerbydol yn eich etholaeth a rhanbarth:

- ymdrechu i ofalu y caiff gwasanaethau gofal iechyd arthritis eu blaenoriaethu'n briodol yn eich ardal.
- cyfarfod gyda Cymru Versus Arthritis yn dilyn yr etholiad i ganfod sut allwch chi gefnogi ein galwadau polisi.
- cefnogi pobl gydag arthritis yn eich ardal drwy eu cyfeirio at wasanaethau Cymru Versus Arthritis (llinell gymorth: 0800 5200 520).

Mae Cymru Versus Arthritis yn ymroi i'ch helpu chi i leihau effaith poen arthritis yn eich etholaeth.

Mwy am Cymru Versus Arthritis

Versus Arthritis ydy elusen fwyaf Prydain sy'n canolbwyntio ar herio arthritis. Rydym yn darparu cyhoeddiadau llwyddiannus, cefnogaeth hunan-reoli, cefnogaeth cyfoedion a rhithiol, cymunedau ar-lein a chynorthwywyr rhithiol a all ateb cwestiynau am arthritis a COVID-19. Rydym hefyd yn ariannu ymchwil yn ymwneud â thriniaethau sy'n torri tir newydd ac yn gwella bywydau pobl gydag arthritis a chyflyrau cysylltiedig.

Bu i Cymru Versus Arthritis ymgymryd â chynllun uchelgeisiol i ymestyn ein gwasanaeth cefnogaeth i gyfoedion ledled Cymru. Rydym yn cynnig llinell gymorth sy'n cyfeirio pobl at ein gwasanaethau: 0800 5200 520. Mae ein llinell gymorth ar agor o ddydd Llun i ddydd Gwener, 9:00yb tan 8:00yh. Gallwn gynnig cefnogaeth a gwybodaeth ymarferol ac unigryw i'r person i bobl gydag arthritis a chyflyrau cyhyrysgerbydol i'w helpu i reoli eu cyflwr. Gallwch ddysgu mwy ar ein gwefan: www.versusarthritis.org

cysylltu gyda ni

Hywel Evans
Rheolwr Polisi ac Ymgysylltu, Cymru Versus Arthritis

e-bost: h.evans@versusarthritis.org
rhif ffôn: 0800 756 3970
www.versusarthritis.org

I weld y diweddaraf am ein gweithgareddau, dilynwch ni:
/CymruVersusArthritis
@CymruVArthritis

FOOTNOTES

[i] At the end of September 2020, the total number of people waiting for trauma and orthopaedic treatment was 75,131, compared with 64,145 at the end of September 2019. The percentage of people waiting fewer than 26 weeks was 23.6% in 2020 compared with 74.2% the same time in the previous year. Therefore, more than 70% of people are waiting more than 26 weeks, with 55% waiting more than 36 weeks. Considering current (December 2020) orthopaedic capacity levels, Cymru Versus Arthritis expects waiting times for elective orthopaedic services such as knee and hip replacements to continue to increase well into 2021.

Stats Wales. (2020) Patient pathways waiting to start treatment by month, grouped weeks and treatment function. Available from: https://statswales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Hospital-Waiting-Times/Referral-to-Treatment/patientpathwayswaitingtostarttreatment-by-month-groupedweeks-treatmentfunction

[ii] Versus Arthritis. (2020) Shielding survey, conducted in July 2020 among 1,003 UK respondents, nationally representative (with nation boosts). Unpublished.

[iii] Räsänen, P. et al. (2007) Effectiveness of hip or knee replacement surgery in terms of quality-adjusted life years and costs. Available from: doi: 10.1080/17453670610013501.

[iv] Academic evidence demonstrates the health impact of delayed access to joint replacement surgery beyond six months. Evidence highlights the long-term benefits of joint replacement surgery on people's mobility and ability to do everyday activities. Patients who had extended waiting times had increased pain and disability compared to those with shorter waits. Burns, H. (2018) Scottish Government independent review into waiting times targets. Available from: https://www.gov.scot/publications/review-targets-indicators-health-social-care-scotland/

[v] Versus Arthritis. (2019) The State of MSK Health 2019. Versus Arthritis. Available from: www.versusarthritis.org/media/14594/state-of-musculoskeletal-health-2019.pdf.

[vi] UK.gov. Get support in work if you have a disability or health condition (Access to Work). Available from: https://www.gov.uk/access-to-work.

[vii] Bevan, S. et al. (2020) IES working at home wellbeing survey. Available from: www.employment-studies.co.uk/resource/ies-working-home-wellbeing-survey.

[viii] Survey of a UK-wide representative sample of 1,040 workers in the UK who have worked from home over lockdown – excludes those who are self-employed or who normally work from home. Poll conducted between 25th August – 1st September 2020, by Opinium.

[ix] Gov.Wales. (2019) The National Survey for Wales 2019. Available from: https://gov.wales/national-survey-wales.

[x] Versus Arthritis. (2019) The State of MSK Health 2019. Versus Arthritis. Available from: www.versusarthritis.org/media/14594/state-of-musculoskeletal-health-2019.pdf.

[xi] York Health Economics (2017). The Cost of Arthritis: Calculation conducted on behalf of Arthritis Research UK (unpublished).

[xii] National Joint Registry. (2020) 17th Annual Report 2020. Available from: https://reports.njrcentre.org.uk/Portals/0/PDFdownloads/NJR%2017th%20Annual%20Report%202020.pdf.

[xiii] Office for National Statistics (ONS). Sickness absence in the UK labour market: 2018. https://www.gov.uk/government/publications/health-matters-health-and-work/health-matters-health-and-work

[xiv] Lépine, J., Briley, M. (2004) The epidemiology of pain in depression. Available from: doi: 10.1002/hup.618.

[xv] Revealing Reality (ESRO). (2015) Living well with arthritis: identifying the unmet needs of people with arthritis. Unpublished.

TROEDNODIADAU

[i] Ar ddiwedd mis Medi 2020, roedd 75,131 o bobl yn disgwyl am driniaeth trawma ac orthopedig o'i gymharu â 64,145 ar ddiwedd mis Medi 2019. Roedd y canran o bobl oedd yn disgwyl am lai na 26 wythnos yn 23.6% yn 2020 o'i gymharu gyda 74.2% yn yr un cyfnod yn y flwyddyn flaenorol. Felly, mae dros 70% o bobl yn disgwyl dros 26 wythnos, a 55% yn disgwyl dros 36 wythnos. Gan ystyried lefelau cymhwysedd cyfredol (Rhagfyr 2020) yr adrannau orthopedig, mae Cymru Versus Arthritis yn disgwyl y bydd amseroedd aros ar gyfer gwasanaethau orthopedig dewisol fel pengliniau a chluniau newydd yn parhau i gynyddu ymhell yn 2021. Ystadegau Cymru. (2020) Llwybrau cleifion sy'n aros i ddechrau triniaeth yn ôl misoedd, wythnosau wedi'u grwpio a gweithrediad y driniaeth Ar gael yma: https://statswales.gov.wales/Catalogue/Health-and-Social-Care/NHS-Hospital-Waiting-Times/Referral-to-Treatment/patientpathwayswaitingtostarttreatment-by-month-groupedweeks-treatmentfunction

[ii] Versus Arthritis. (2020) Arolwg i bobl sy'n cymryd camau Gwarchod, wedi'i gynnal ym mis Gorffennaf 2020 ymysg 1,003 o ymatebwyr ym Mhrydain, yn gynrychioliadol yn genedlaethol (gyda hwb cenedlaethol). Heb ei gyhoeddi.

[iii] Räsänen, P. ac eraill. (2007) Effeithiolrwydd llawdriniaethau clun neu ben-glin newydd o ran blynyddoedd bywyd wedi'u haddasu o ansawdd a chostau. Ar gael o: doi: 10.1080/17453670610013501.

[iv] Dengys tystiolaeth academaidd yr effaith ar iechyd yn sgil oedi gyda llawdriniaethau cymalau newydd y tu hwnt i chwe mis. 'Mae tystiolaeth yn amlygu'r buddion hirdymor o lawdriniaethau ar gyfer cymalau newydd ar symudedd pobl a'u gallu i gyflawni gweithgareddau o ddydd i ddydd. Roedd cleifion a oedd yn gorfod disgwyl am gyfnod estynedig yn ddioddef o fwy o boen ac anableddau o'i gymharu â'r rheiny gydag amser aros byrrach' Burns, H. (2018) Adolygiad annibynnol Llywodraeth yr Alban am dargedau amseroedd aros. Ar gael o: https://www.gov.scot/publications/review-targets-indicators-health-social-care-scotland/

[v] Versus Arthritis. (2019) Cyflwr Iechyd Cyhyrysgerbydol yn 2019. Versus Arthritis. Ar gael o: www.versusarthritis.org/media/14594/state-of-musculoskeletal-health-2019.pdf.

[vi] Llywodraeth Prydain. Manteisio ar gefnogaeth yn y gwaith os oes gennych chi anableddau neu gyflyrau iechyd (Mynediad at Waith). Ar gael o: https://www.gov.uk/access-to-work.

[vii] Bevan, S. ac eraill. (2020) Arolwg lles gweithio o adref gan y Sefydliad Astudiaethau Cyflogaeth. Ar gael o: www.employment-studies.co.uk/resource/ies-working-home-wellbeing-survey.

[viii] Arolwg o sampl cynrychiadol yn genedlaethol o 1,040 o weithwyr ym Mhrydain a fu'n gweithio o adref yn ystod y cloi mawr - mae'n eithrio'r rheiny sy'n hunan-gyflogedig neu sy'n gweithio o adref fel arfer. Cynhaliwyd yr arolwg rhwng Awst y 25ain - Medi'r 1af 2020, gan Opinium.

[ix] Llywodraeth Cymru. (2019) Arolwg Cenedlaethol Cymru 2019. Ar gael o: https://gov.wales/national-survey-wales.

[x] Versus Arthritis. (2019) Cyflwr Iechyd Cyhyrysgerbydol yn 2019. Versus Arthritis. Ar gael o: www.versusarthritis.org/media/14594/state-of-musculoskeletal-health-2019.pdf.

[xi] Economeg Iechyd Efrog (2017). Cost Arthritis: Cyfrifiad wedi'i gynnal ar ran Ymchwil Arthritis Prydain (heb ei gyhoeddi)

[xii] Cofrestrfa Genedlaethol y Cymalau. (2020) Adroddiad Blynyddol Rhif 17 2020. Ar gael o: https://reports.njrcentre.org.uk/Portals/0/PDFdownloads/NJR%2017th%20Annual%20Report%202020.pdf.

[xiii] Y Swyddfa Ystadegau Gwladol (ONS). Absenoldeb salwch ym Marchnad Llafur Prydain: 2018. https://www.gov.uk/government/publications/health-matters-health-and-work/health-matters-health-and-work

[xiv] Lépine, J., Briley, M. (2004) Epidemioleg poen yn ymwneud ag iselder. Ar gael o: doi: 10.1002/hup.618.

[xv] Revealing Reality (ESRO). (2015) Byw'n dda gydag arthritis: adnabod anghenion pobl gydag arthritis sydd heb eu diwallu. Heb ei gyhoeddi

For more information please visit our website:
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