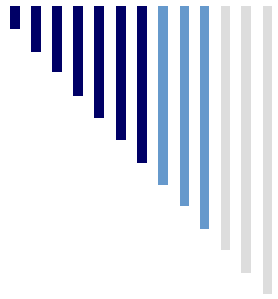


Development of Education Programs for People with RA

Jessica Rose

Arthritis & Osteoporosis WA

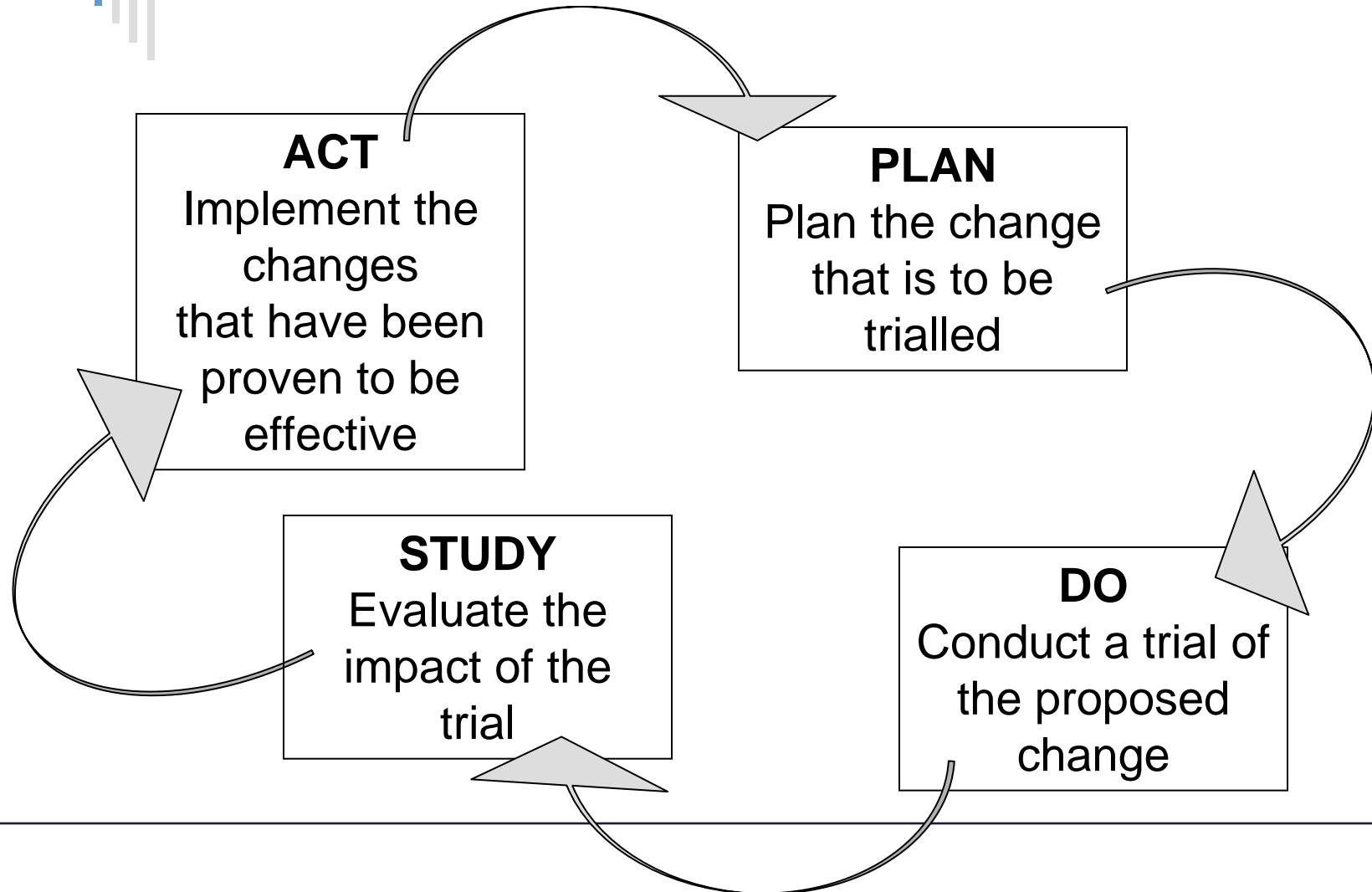


Project Background

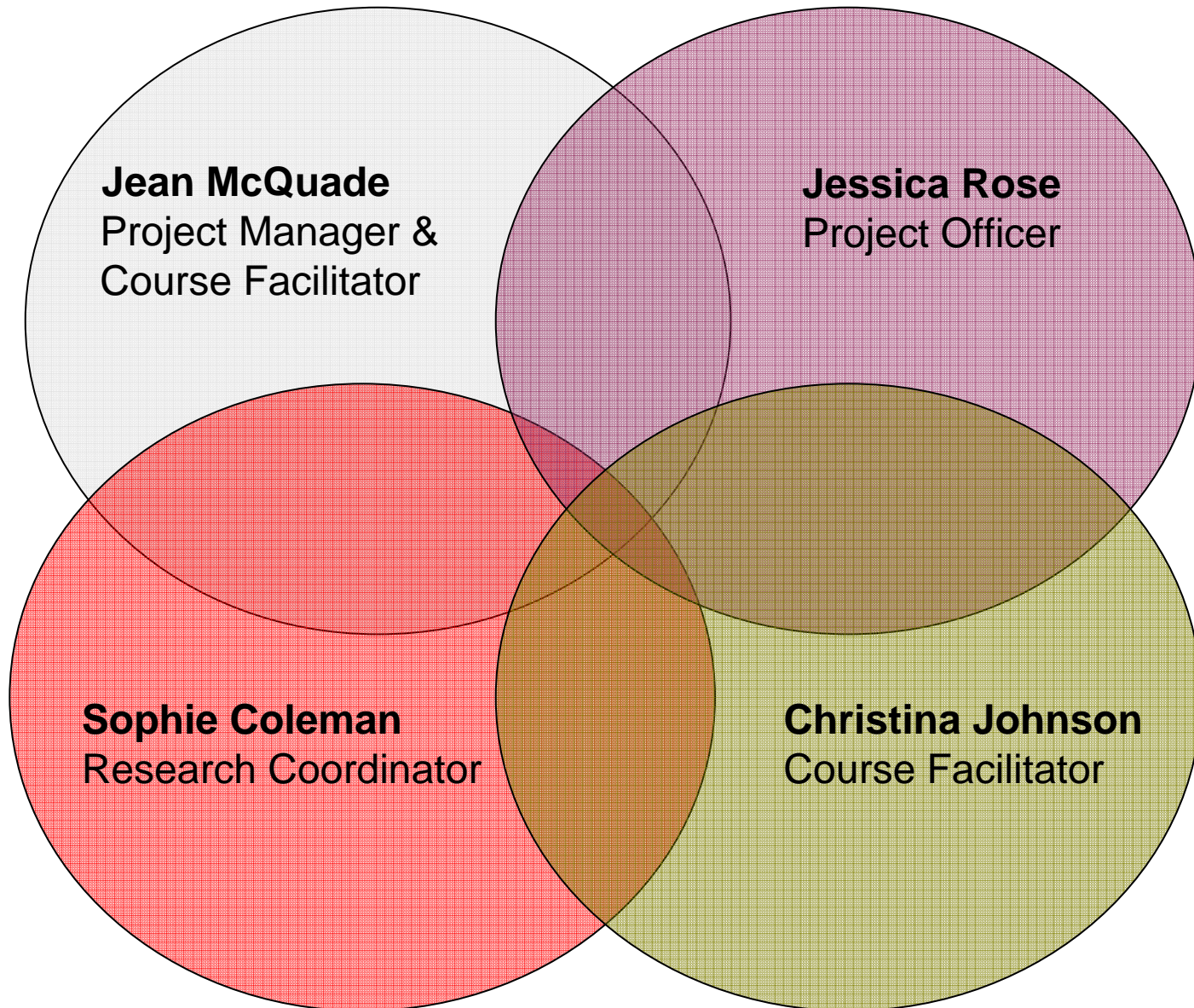
- NAMCIG project (National Arthritis & Musculoskeletal Community Improvements Grant)
 - AMQuIP (Arthritis & Musculoskeletal Quality Improvement Program)
 - Royal College of Physicians
 - La Trobe University
-

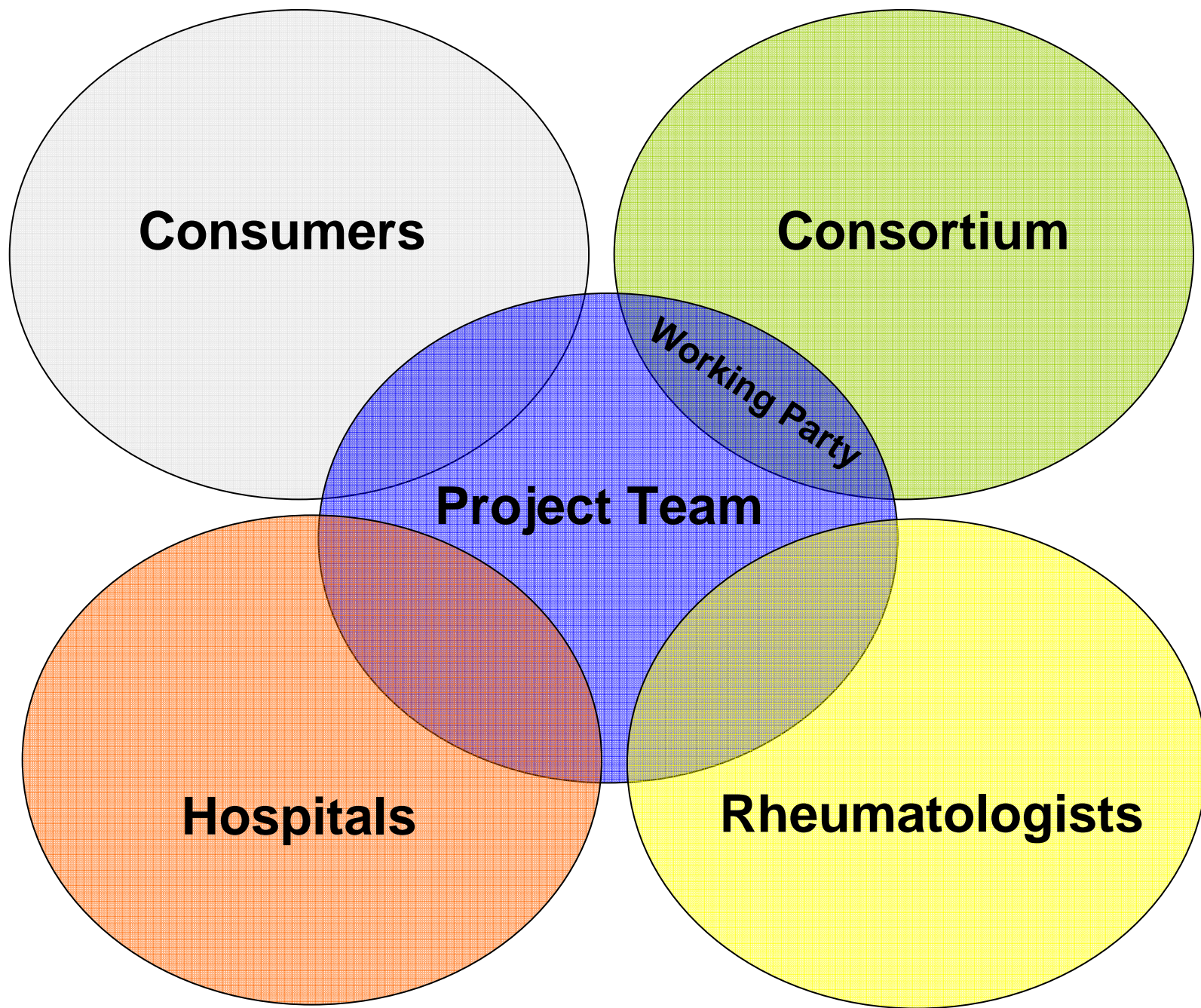


Project Background



Project Team

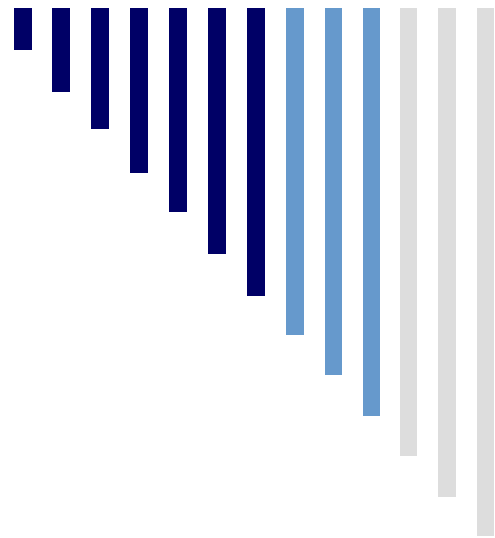






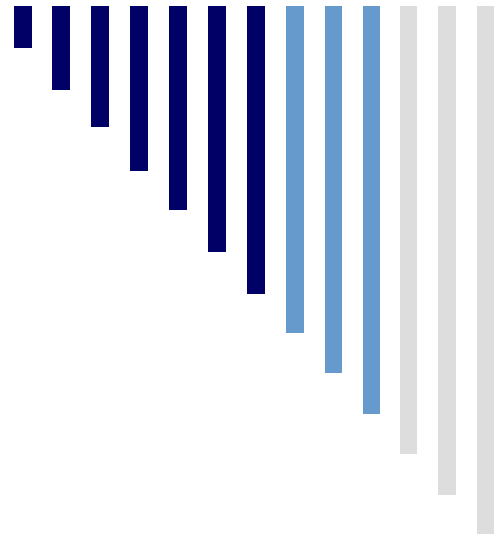
Project Description

- Develop innovative group education & self management programs for delivery by multidisciplinary health professionals:
 - Adults with RA
 - Adolescents in transition
 - To promote healthy lifestyles & optimise health outcomes
 - Develop HP facilitators' manual & toolkit
-



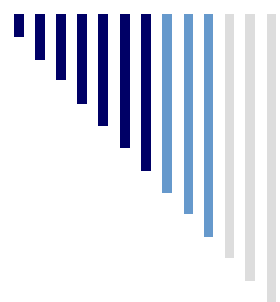
Why Develop Another Self Management Program?

- One model does not suit everyone**
 - ENAT results**
-



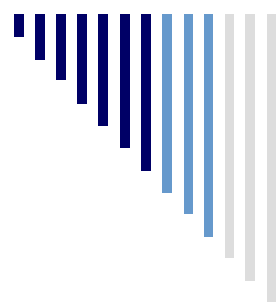
Health Professionals Vs Peer Leaders

- Education content**
-



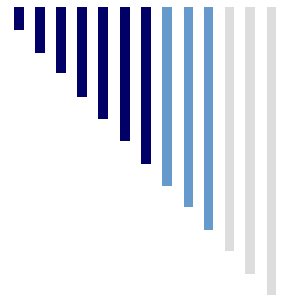
Target Populations

- Adolescents & young adults at PMH or SCGH transition clinic
 - Adults attending severe RA clinic at SCGH
 - Adolescents or adults attending specialists in community
-



Outcomes

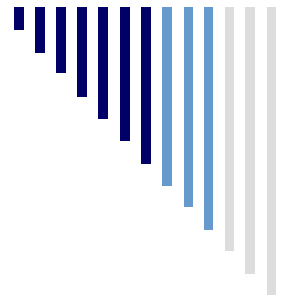
1. Design & develop RA education program (6 week)
 2. Research, develop & produce manual & toolkit for HPs
 3. Collect scientific data for further study & project sustainability
 4. Design & implement 'Principle Trainers' workshop
 5. Design & implement adolescent workshop
-



Step One: Information Gathering

- Determine health needs of populations
 - Via ENAT (Educational Needs Assessment Tool)





Step Two: Design & Development

- D & D of RA education & self management program for health professional delivery
 - D & D of a facilitators' manual & toolkit
-



Step Three: Implementation

- 6 weekly sessions x 2.5hr/week
 - Outcome measures:
 - VAS – pain & fatigue
 - Health Distress
 - Self Efficacy
 - SF-36
 - Fatigue Severity Scale
 - Hospital Anxiety & Depression Scale
 - Global Improvement Scale
 - Joint Count
 - Wk 8 Post-course evaluation
-



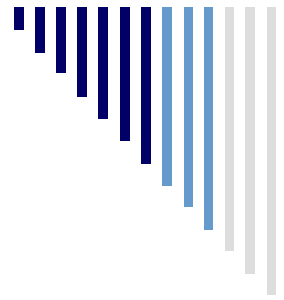
Step Three: Implementation

- Week 2-7 Outcome measures:
 - VAS: pain & fatigue
 - Medication compliance
 - Pre assessment 8 weeks prior
 - Follow up assessments at 6 & 12 months
-



Education Content

- Disease education/autoimmunity
 - Self management; goal setting, relaxation
 - Fatigue management
 - Exercise & healthy eating
 - Blood tests
 - Psychosocial impact
 - Medications & CAM
 - Joint protection & energy conservation
 - Pain management
 - Osteoporosis & falls prevention
-



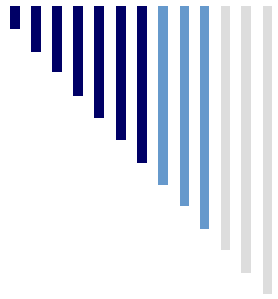
Step Four: Reevaluation & Review

- Using the PDSA approach to review, modify & update the facilitators' manual & toolkit
-



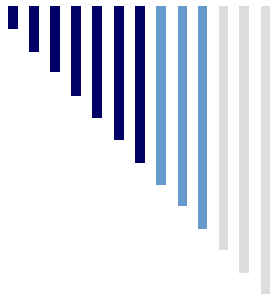
Where Are We At?

- Implemented at 2 sites;
 - Sir Charles Gairdner Hospital (SCGH)
 - Arthritis WA
 - 11 courses completed
 - 2 courses scheduled
 - Overwhelming response: good attendance & low drop outs
 - Waitlist for future courses
-



Where are we at?

- Facilitators' manual & toolkit = complete
 - Train the Trainers' manual & toolkit = complete
-



Attendance

8Wk Program	6M F/up	12M F/up
128 participants + 17 partners/carers = 145	75 of 79 participants = 95%	40 of 46 participants = 87%

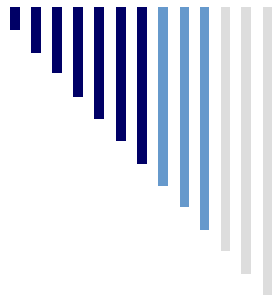


Barriers/Strategies

- Initial referrals:
 - Visited rheumatologists
 - Promotion

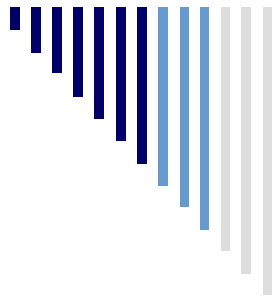
 - Logistics in hospital setting:
 - Negotiated appropriate venue
 - Assessments at AFWA

 - Participant attendance:
 - Persistent follow up = good attendance
-



Results

- Clinically Important Improvements - SF-36: 5 of 8 domains;
 - social function
 - role emotional
 - physical function
 - role physical
 - body pain
 - 12 month assessments
-



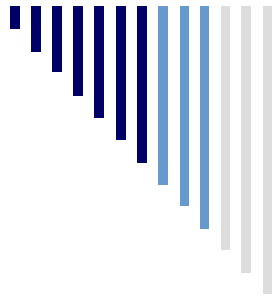
Feedback from participants....

- Do you intend to make any change in your lifestyle as a result of the course?
 - Yes – 91%
 - Would you recommend this course to other people?
 - Yes – 95%
-



Adult: Key Learnings

- Underestimated time & work involved
 - Enrolments exceeded expectations
 - Collaborative approach encouraged self learning and inter discipline understanding & respect
 - PDSA allowed evolution of project
-



Now What?

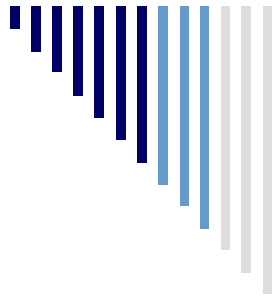
- Continue to collect data
 - Trial program at a second site
 - Begin training health professionals to broaden the delivery of the program
-



Adolescent Project

- Initially an 8-week SM program
 - Assessed needs
 - ENAT
 - Focus Group

 - Changed format to a weekend education intervention
-



Weekend Education Workshop

- For adolescents & young adults aged 18-25 yrs with JIA
 - May 2006
 - Feb 2007
 - Feb 2008
-



Education Content

- Interactive education workshop
 - Pregnancy>meds<alcohol
 - How arthritis affects your life
 - JIA & the future
 - The work place
 - Creative pain management
 - Art therapy
 - Relaxation
 - Physiotherapy
-



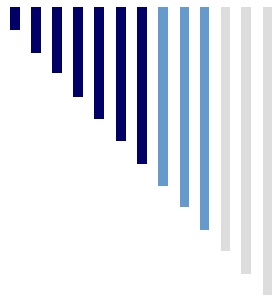
Scientific Measures

- MHAQ
 - Health Distress
 - Fatigue VAS
 - Pain VAS
 - SF-36
 - General questions:
 - Disease progression
 - Medication use
 - Relationships
 - Reassessed 6 & 12 months
-



Barriers/Strategies

- Program format
 - Altered to meet identified needs
 - Recruitment
 - Enlisted help of rheumatology nurse
 - Commitment
 - Continually follow up
 - Nominal deposit
 - Timing
-



Feedback from Participants...

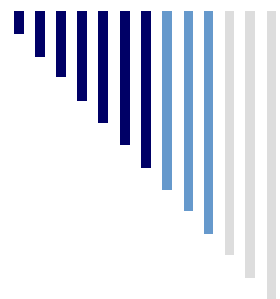
- Did you enjoy the weekend workshop?
 - Yes = 100%

 - Would you attend a similar workshop in the future?
 - Yes = 100%
-



Adolescent: Key Learnings

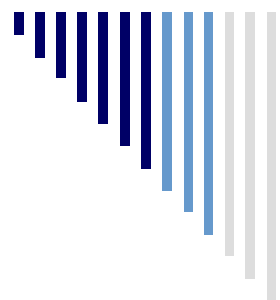
- ❑ PDSA allowed evolution of program
 - ❑ Participants want to learn about their disease but more importantly they want to feel like ‘normal’ people.
 - ❑ The weekend allowed them the opportunity to ‘hang out’ with people just like them giving them a sense of belonging.
 - ❑ Education should be delivered in an interactive & ‘fun’ format
-



Now What?

- National implementation - Trial program at a second site (QLD Feb 2008)





A Big Thank You To.....

- Participants
 - Project team
 - Rheumatologists
-



?? ANY QUESTIONS ??



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