



Self-Management in Rheumatoid Arthritis

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01.



Capstone





Introduction

- Site: Arthritis Associates in Hixson, TN
- Site Mentor: Dr. Jessica Huffstutter
- Capstone Mentor: Dr. Cindy Poole
- Main focus: program development to create a program for self-management of rheumatoid arthritis.

Rheumatoid Arthritis



Incidence

5 in 1000 adults have RA.
It is 2-3x more likely in
women



Autoimmune Disease

Characterised by an
immune response that
can lead to damage



Impacts

RA can have impacts on
physical function and
psychosocial factors

Self-Management

Self-management
combined with medical
management, exercise, and
psychosocial education
improve outcomes.



Occupational Therapy's Role

Empowerment

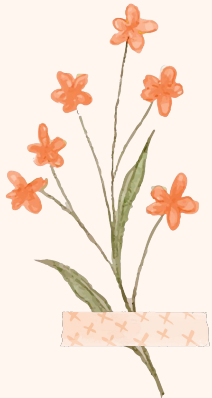
OTs can provide education and training in self-management to increase self-efficacy and empowerment

Function

OTs can provide skill training in functional tasks and provide adaptive equipment

Interdisciplinary Team

According to the ACR, OTs are a valued member of the interdisciplinary team



ACR

Recommendations

- Emphasis on the interdisciplinary team
- Exercise is their strongest recommendation
- Occupational therapy services (education, splinting, implementation of strategies)
 - Joint protection, energy conservation, adaptive equipment
- Mediterranean style diet
- Standardized self-management programs

Table 1. Recommendations on integrative interventions for the management of rheumatoid arthritis (RA)

Exercise	Rehabilitation	Diet	Additional
Consistent engagement in exercise (++)	Comprehensive occupational therapy (+)	Mediterranean-style diet (+)	Standardized self-management program (+)
Aerobic exercise (+)	Comprehensive physical therapy (+)	Against formally defined diet other than Mediterranean-style (-)	Cognitive behavioral therapy and/or mind-body approaches (+)
Aquatic exercise (+)	Hand therapy exercises (+)	Against dietary supplements (-)	Acupuncture (+)
Resistance exercise (+)	Splinting, orthoses, compression, bracing, and/or taping (+)		Massage therapy (+)
Mind-body exercise (+)	Joint protection techniques (+)		Thermal modalities (+)
	Activity pacing, activity modification, energy conservation, and/or fatigue management (+)		Against electrotherapy (-)
	Assistive devices, adaptive equipment, and/or environmental adaptations (+)		Against chiropractic therapy (-)
	Vocational rehabilitation, work site evaluations and/or modifications (+)		

Strong recommendations **for** an intervention are shown in dark green and ++.

Conditional recommendations **for** an intervention are shown in light green and +.

Conditional recommendations **against** an intervention are shown in light red and -.



Needs Assessment

- Patient interviews
- Physician interviews
- Interest survey

Theoretical Models

Health Belief Model

An individual's perceptions/beliefs determine their behavior.

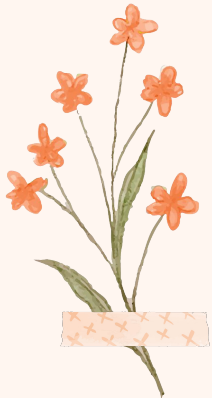


Transtheoretical Model of Change

Readiness for change takes place on a continuum.



Lifestyle Redesign





10

Participants

40%

Completion rate

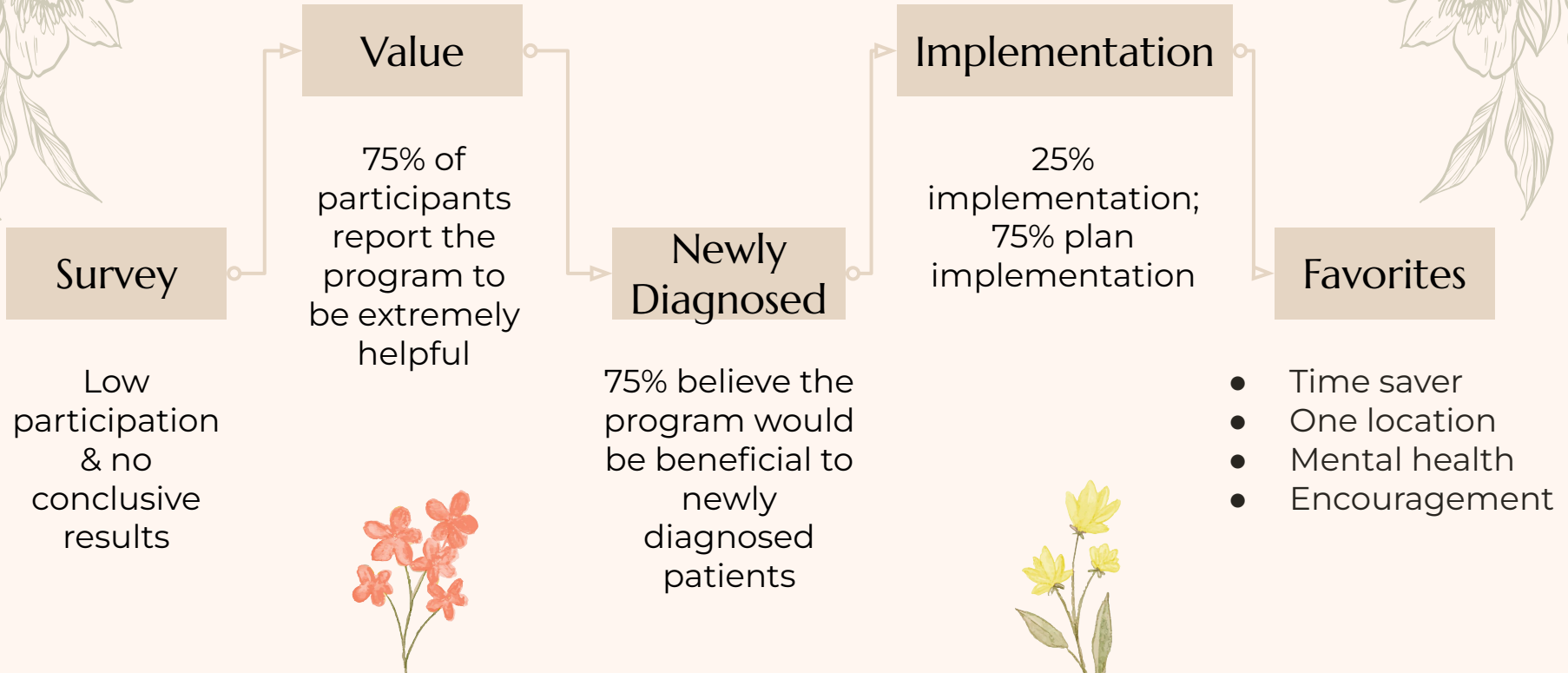
2-12 years

Amount of time participants had RA

75%

Report no prior lifestyle self-management education

Program Outcomes





02.

Program



Structure of Modules



Education

Information on the topic from credible sources. Each module was edited by myself, Dr. Huffstutter, and Dr. Poole.

Personal Message

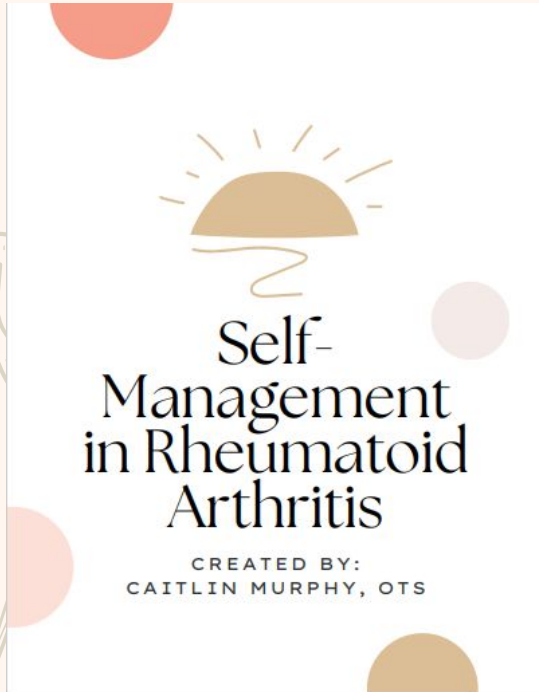
A personal reflection from me, speaking directly to the reader.

Personal Reflection

Guided questions to aid in reflecting upon the information and how it may apply to the reader's life.



Self-Management Program



Introduction

Introduce myself and the intended use of the program

02. Joint Protection & Energy Conservation

Information on joint protection strategies and energy conservation

01. What is RA?

Disease process and basic medication information

03. Adaptive Equipment

Catalog of adaptive equipment with description of uses



04. Pain

Basic information on how pain works and the biopsychosocial model

06. Diet

Information on the Mediterranean style of eating with community resources

05. Exercise

Tips for safe exercise for RA with a page of community and online resources

07. Sleep & Rest

Information on sleep hygiene, rest, and sleep positioning





08.

Mental Health

Introduce Acceptance and Commitment Therapy with strategies



Resources

One page handouts on symptom tracking, preparing for doctor's appointment, and fall prevention

09.

Habit Formation

Information on habit change with guided worksheets on goal setting and using habit change literature





03.



Application



Outpatient Services

Patient Education



The patient will read 1 module per week prior to OT appointment



Guided Implementation



- Discuss reflection questions together and brainstorm implementation ideas
- Opportunity for groups for peer exchange
- Opportunity to practice occupation with OT

Self-Led Education

- Rheumatology office/ Primary Care
- Patient will be given program to read/implement at home.
- Phone call check ins or check in at next appointment to troubleshoot.





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All the patients who
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needs assessment and
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My mom, Shelley Densmore,
and husband, Hayden Murphy



References



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Thanks!

Do you have any questions?

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