



MARCH 1, 2022, PEER-TO-PEER SHARING WEBINAR

Emerging Trends in Remote Delivery of Arthritis-Appropriate Evidence-Based Interventions



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**
Promoting Health. Preventing Disease.



Agenda

- Welcome
- Panel Discussion
 - City of Mustang, OK
 - City of Fort Payne, AL
 - National Recreation and Park Association (NRPA)
- SOPHE Project
- State Sharing and Q&A
- Special Interest Project "SIP" Presentations
- Wrap Up



Webinar Objectives

- Build an understanding of remote delivery of evidence-based programs
- Increase awareness of states and partners about current projects focused on alternative delivery formats for AAEBIs
- Increase capacity of states to expand access to AAEBIs and increase AAEBI participation
- Discuss how states and partners are transitioning to remote/virtual delivery
- Provide a platform to share tools and resources and brainstorm opportunities for collaboration and sustainability



Housekeeping

- Rename yourself to include state or organization
- Use the chat box for questions during the presentation or present questions via speaking during Q&A
- Visit the Action on Arthritis website for recording, notes, and resources



Mentimeter Activity

Name one thing that you hope to gain by participating in the TA webinar today.



Panel Discussion



Society for Public Health Education (SOPHE) Arthritis Project



Emerging Trends in Remote Delivery of Arthritis-Appropriate Evidence-Based Interventions

Lesley Steinman

Remote EBP evaluation update

March TA webinar

3/1/22 11am – 12pm PT / 2pm – 3pm ET



Partnerships



FUNDERS

Administration on Community Living (ACL)

Centers for Disease Control and Prevention (CDC)

National Institute on Disability, Independent Living, & Rehabilitation Research (NIDILRR)

RRF Foundation for Aging (RRF)



PARTNERS

EBP participants, leaders, delivery organizations, and administrators – **many of you!**

Evidence-Based Leadership Collaborative (EBLC)

National Council on Aging (NCOA)

Research Triangle Institute (RTI)

Self-Management Resource Center (SMRC)

Society for Public Health Educators (SOPHE)

Sound Generations (SG)

UW Health Promotion Research Center (HPRC)

Learning together

Goal: To evaluate remote evidence-based programs (EBPs)

- Do remote EBPs work? (*effectiveness*)
- How are remote EBPs working? (*implementation*)

Potential Impact: To improve equitable **access** to quality care and health **outcomes** among older populations, focusing on underserved older adults (*BIPOC, rural, disabilities*)



What we have learned so far

Reach

Reaching new populations or underserved by in-person:

- > Younger/older adults, persons with limited English proficiency, mobility limitations, caregivers, rural

Challenges to reaching people with limited access to or comfort with tech

- > People living poverty and/or in rural areas



What we have learned so far

Potential Impact

Life is hard enough alone, without adding conditions that cause you to want to hide or run away. This program helped me to know that I am not alone and I can seek help if I need it.

-CDSMP participant

“The remote program provided a community even during a pandemic”

-AMOB leader



What we have learned so far

Remote implementation

Adaptations mainly to delivery format and training; less so to program content

Facilitators

- > remote delivery guidelines; distance training modules; and tech support and coaching from EBP administrators, CBO networks, and peers

Barriers

- > Additional time and resources needed for remote engagement and access



Come join us! outcome evaluation

Enrolling any new participants by **March 31st**?

- CDSMP *video-conferencing*
- CPSMP *telephone and toolkit*
- DSMP *video-conferencing*
- EnhanceFitness *video-conferencing*
- Walk with Ease *self-directed enhanced toolkit*

Online or phone pre/6-mo. survey: <https://redcap.link/Participant-Outcomes-Survey>



Come join us! process evaluation

EBPs recognized by ACL/CDC

- Remote EBPs/ACL: <https://www.ncoa.org/article/tracking-health-promotion-program-guidance-during-covid-19>
- CDC /OAAA list: <https://oaaction.unc.edu/aaebi/>

By March 15th: Share your wisdom on remote EBP reach, delivery, impact, and supports:

- Leader Survey: <https://redcap.link/leadersurvey>
- Organization Survey: https://redcap.link/org_survey



How to get in touch

Lesley Steinman

Research Scientist

UW Health Promotion Research Center

Email: lesles@uw.edu

Call/text: 206-850-4066





Mentimeter Activity

Who have you been able to reach with AAEBI virtual delivery that you weren't able to reach with traditional in person classes?



State Sharing and Q&A



Prevention Research Centers Special Interest Projects (SIPs) – Arthritis

SIP 21-003: Evaluating alternative delivery models for arthritis-appropriate evidence-based physical activity and self-management interventions



Evaluation of a Phone-Based Walk With Ease Program in Adults with Arthritis

University of South Carolina, Prevention Research Center

- **Principal Investigator:** Christine Pellegrini, PhD
- **Co-Investigator & PRC Director:** Sara Wilcox, PhD
- **Project period:** 9/2021-9/2024



The project aims to evaluate the short-term (6 weeks and 6 months) and long-term (1 year) effects of a phone-based version of the Arthritis Foundation's Walk With Ease Program in adults with arthritis (n=300).

- Outcomes include: pain, physical function, physical activity, self-efficacy, depression symptoms, weight, blood pressure, work loss, and health care utilization



Additionally, this project will:

- Identify and incorporate best practices for recruiting and retaining participants in behavioral interventions and programs, particularly among hard-to-reach populations (e.g., low SES)
- Determine the effectiveness of recruitment and retention strategies used in this phone-based version of Walk With Ease



Evaluation of a Phone-Based Walk with Ease Program in Adults with Arthritis



Target Population for Current Study

- Adults (18+ years) diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
- Currently and plan to live in the Columbia, SC region for the next year



Project Partner

- South Carolina Department of Health and Environmental Control (DHEC)



For More Information:

- Study Website: <https://uofscwalkingstudy.com>
- UofSC Prevention Center:
<http://prevention.sph.sc.edu/index.htm>





Evaluation of Remote Delivery Versus In-Person EnhanceFitness for Arthritis

- Health Promotion Research Center, University of Washington, Seattle
 - Kushang Patel (PI), Basia Belza, Bryan Comstock, Anne Turner, and Steven Zeliadt
 - Elise Hoffman and Marlana Kohn
- Sept 30, 2021-Sept 29, 2024
- Aim: Determine if tele-EF is non-inferior to in-person EF for improving physical function



Delivery of EnhanceFitness Trial (DEFT)

- N=310 adults with arthritis
 - Half will be <65 years old who have low income, moderate to severe functional limitations, or live in a rural area
- Partners include Sound Generations, YMCA of USA, and Y Alliances of Maine, New Hampshire, and Washington
- To receive more information →
 - deftstudy@uw.edu





Wrap Up and Closing



Workgroup Calls

- Healthcare Provider Counseling and Referral Workgroup: March 3, 2022 @ 2:00 p.m. ET
- Evaluation Workgroup: March 10, 2022 @ 1:00 p.m. ET
- Units on Aging Workgroup: March 24, 2022 @ 1:00 p.m. ET
- Walk With Ease Workgroup: April 18, 2022 @ 11:00 a.m. ET

Thank you!

