

# Intro to Arthritis Appropriate, Evidence- Based Interventions (AAEBIs)

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*(Thank you, Julie Coleman!)*

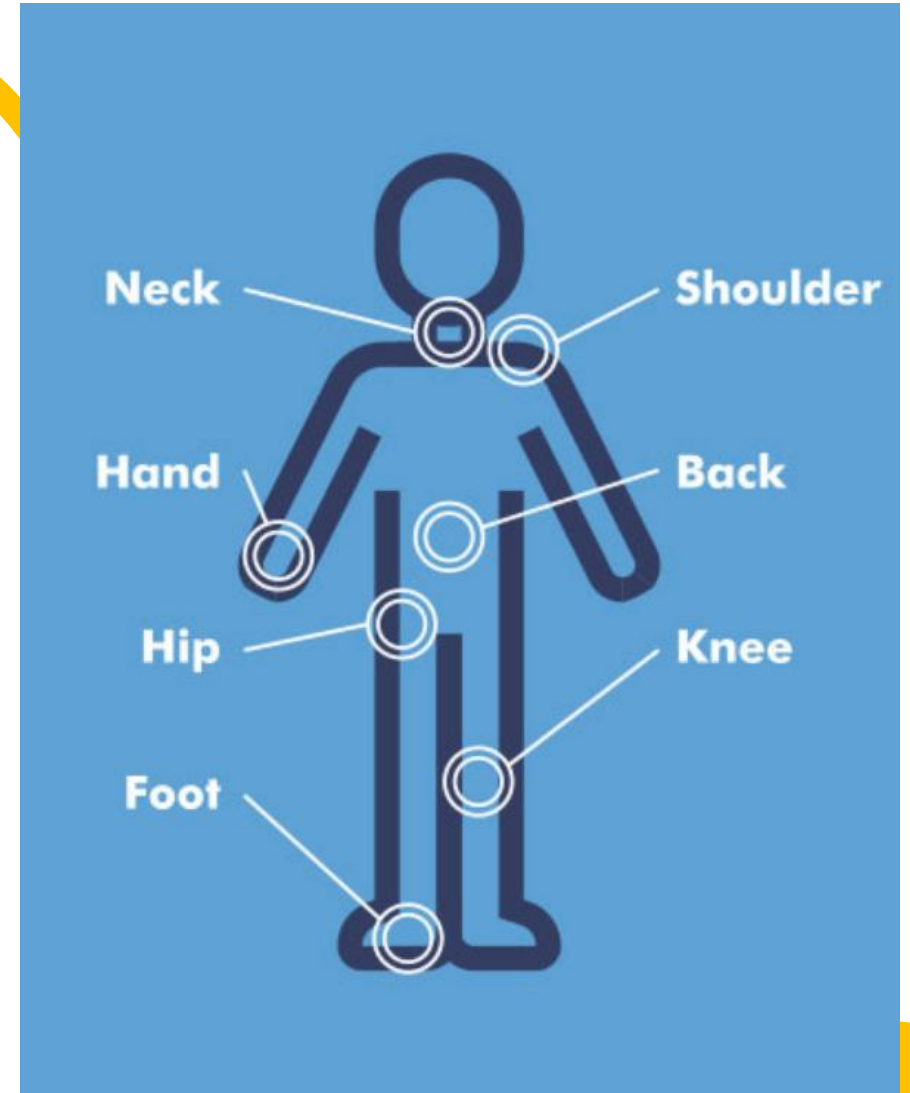


# Overview of Presentation

- Briefly introduce Arthritis and Osteoarthritis
- Dive into what an Arthritis Appropriate, Evidence-Based Intervention (AAEBI) is
- Understand what it means for a program to be evidence-based
- Learn what programs can do for you
- Become familiar with AAEBIs broadly

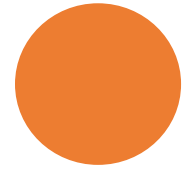
# What is Arthritis/Osteoarthritis (OA)?

- OA is a disease of the whole joint
  - OA affects cartilage, synovial fluid, bones
  - May affect one or more joints
- Symptoms:
  - Pain, swelling, stiffness, loss of motion
  - Mental health challenges, reduced QoL



# Intro to Osteoarthritis Continued

- Prevalence
  - Osteoarthritis is the most common type of arthritis, affecting over 32.5 million Americans.
- Management and Prevention
  - Weight Management
  - Self-Management Education
  - Physical Activity
  - Injury prevention
- Treatment options



# AAEBIs



- What is an evidence-based program?
  - A plan of action that is proven to help individuals manage arthritis
    - Self-management education
    - Physical Activity
- What makes something an arthritis management program?
  - Arthritis-Appropriate Evidence-Based Intervention Application Process
    - Ensuring it is evidence-based

# Program Review Process

- Review process
  - Must include a research study that meets certain criteria
  - Must be arthritis-relevant (e.g., tested in people with arthritis, demonstrates improvement in 2+ arthritis outcomes)
  - Evidence-based, rigorous
  - Program delivery supports






# What can AAEBIs do for participants?

- How AAEBIs can help
  - Provide the opportunity to learn disease management skills, improve arthritis symptoms, contribute to shared decision-making with HCPs
  - The comprehensive list of AAEBIs offer benefits like:
    - Learning how to overcome barriers and set goals for health
    - Creating greater awareness and control of one's body in space
    - Giving a foundation for lasting healthy lifestyle behaviors
- Can also address other chronic diseases
  - Arthritis is a disease that often co-occurs with other diseases (CVD, Diabetes, Obesity, etc.)

# What can AAEBIs do for community organizations?

- Provide needed disease education and management tools for adults with arthritis
- Provide a referral avenue for local healthcare providers
- Opportunity for local partnerships toward sustainability
- Expand reach and accessibility with a variety of offerings
- Address multiple chronic conditions, e.g., coupling AAEBIs with DPP)



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# Physical Activity Programs

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- Designed to help increase physical activity safely
- Benefits across programs include:
  - Improved range of motion, stability, and balance
  - Overall positive effect on sense of well-being
  - Increased muscular strength and joint function
  - Reduced arthritis-related joint pain and stiffness
- Program modes and settings
  - Aquatic
  - Tai Chi and Tai Ji Quan
  - Walking
  - Standard Fitness
  - At home, in-person, self-directed, etc.

# Self-Management Education Programs

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- Designed to teach individuals how to cope with symptoms and maintain active lives
- Benefits across programs include
  - Improved exercise and eating behaviors
  - Reduced fatigue and pain
  - Decrease in depression and feelings of social isolation
  - Reported improvement in life satisfaction
- Program Modes and Settings:
  - Entirely virtual self-directed
  - In-person group workshop
  - In-person or virtual 1-on-1
  - Mailed Toolkit (booklet)
  - Over-the-phone format



# Updated List of Recognized Arthritis Appropriate, Evidence- Based Interventions (AAEBIs)

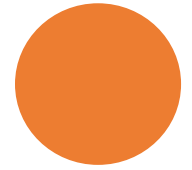
## Physical Activity Programs

- AEA Arthritis Foundation Aquatic Program
- Active Living Every Day
- Enhance® Fitness
- Fit & Strong!
- Walk With Ease—Group
- AEA Arthritis Exercise Program
- Camine Con Gusto
- Fit & Strong! Plus
- Tai Chi for Arthritis
- Tai Ji Quan: Moving for Better Balance
- Walk With Ease: Self-Directed
- Otago Exercise Program
- Stay Active and Independent for Life
- **GLA:D**
- **My Knee Exercise Program**

## Self-Management Programs

- Chronic Disease Self-Management Program
- Tomando Control de su Salud
- Better Choices, Better Health®
- Chronic Pain Self-Management Program
- Enhance® Wellness
- Program to Encourage Active, Rewarding Lives (PEARLS)
- Workplace Chronic Disease Self-Management Program
- Toolkit for Active Living with Chronic Pain
- Toolkit for Active Living with Chronic Conditions

More information available at <https://oaaction.unc.edu/aaebi/>



## Good Living with Arthritis: Denmark®

- In-person (5-8/group), led by GLA:D®-certified therapist
- Physical Activity sessions
  - Structured, progressive – aerobic, stretching, neuromuscular exercises, gait training
  - Emphasis on core and lower body training
  - Exercise diary to track progression, pain/symptoms, prepare for long-term maintenance
  - 1 hr, 2x/wk, 6 weeks – Chair stand, walking speed pre/post
- Self-Management
  - 60-90 min sessions, 2x (optional 3<sup>rd</sup> led by former participant)
  - OA education, evidence-based treatments (diet, surgery, etc.), exercise, self-management

<https://gladinternational.org>







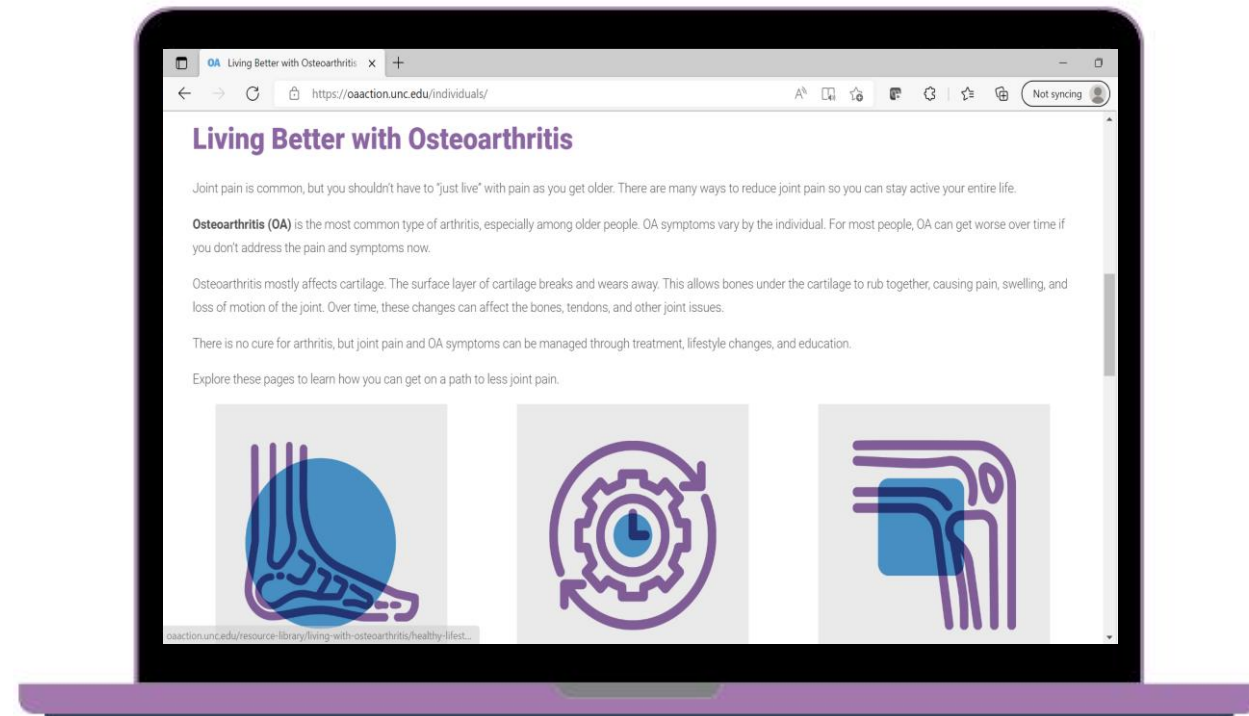
## **My Knee Exercise Program**

- Designed to improve knee pain/symptoms
- Self-Directed Physical Activity
  - Freely available website, mobile app with tailored messaging and tracking supports
  - 6-month leg strengthening program (3 programs delivered every 2 mos)
  - Instructional videos for each exercise; modifications provided
  - Educational information about knee OA
  - Guidance on increasing overall physical activity levels

<https://mykneeexercise.org.au>

# Go one step further

- Get engaged with a program
  - Check out [oaaction.unc.edu/aaebi](https://oaaction.unc.edu/aaebi) for more information about each of these programs and how to sign up for some
  - Look in your community to see if any of these programs are available (partnerships)
- Learn more
  - Check out [this video](#) (1:30 min) on AAEBIs
  - Browse through the Osteoarthritis Action Alliances [pages for individuals with OA](#)
  - Head to the [CDC Arthritis Program's pages](#) on programs
  - Go to the [Arthritis Foundation's Website](#)



The background of the slide is a vibrant teal color, densely populated with numerous speech bubbles of various colors including red, yellow, pink, and white. Each speech bubble contains a large, dark blue question mark, creating a pattern that suggests a Q&A session or a focus on inquiry.

# Questions!

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