

University of Arthritis

Jana Dobšovicová Černáková, Petra Balázová, Slovak League Against Rheumatism

Background

The University of Arthritis is a new activity of the Slovak League Against Rheumatism with the aim to create a complete educational program for:

- Patients with RMDs
- Professional public
- Members of the Board, leaders in local branches and clubs, active volunteers

The mission of the project is to achieve better health and social literacy among patients. Currently (early 2021), the previously uninformed group of patients with RMDs comprises approximately 25% of patients in this area. In absolute numbers, the project plan is to enrol 1,000 participants per year in education, for a total of 3,000 people over three years.

The University of Arthritis project is (so far) planned for a minimum of three years (2021 - 2023). If there is interest, it will continue indefinitely, with ongoing evaluation.

Aims

Our main objective is to inform patients with RMDs about their rights and treatment options.

Methods and Tasks

The University of Arthritis is implemented through seminars/webinars in 2021. After the pandemic, we plan to incorporate in-person meetings with lectures, workshops, trainings, talks, etc.

In 2021 we start with topics that rheumatic disease patients are acutely addressing. The aim is to help them navigate the management of their disease despite the ongoing pandemic and to facilitate their functioning in the current situation.

Modules:

The University of Arthritis includes the following modules:

- a. Practical Skills
- b. Communication patient – physician
- c. Management of the RMD
- d. Treatment Options



Topics in 2021:

- Prevention
- Covid-19 vaccination
- Adherence to treatment
- How to get ready for a follow-up visit
- Effective communication
- Healthy movement
- Psychological support

Conclusions

To quantify the success of educational activities on the quality of life of patients with RMDs, the information and skills acquired will be assessed through quality of life questionnaire surveys. Participants of the educational events (online/in-real-life) will complete the same questionnaire at the beginning - after enrolment in the University and also after the module. Ideally also after some time, e.g. 1 year. This would allow us to see if it had a real impact on the lives of the participants and whether, as a result of the seminars, they were able to make positive changes in their lives with a chronic illness.

Results and Outcomes

Statistics 1 March 2021 - 30 September 2021		
Webinars		15
Views	#1	1,900
	#2	1,900
	#3	3,900
	#4	974
	#5	2,200
	#6	479
	#7	1,600
	#8	969
	#9	594
	#10	896
	#11	1,500
	#12	858
	#13	735
	#14	1,800
	#15	1,600
TOTAL		21,905

