

# SMILE-RA (Self-Management Individualised Learning Environment in Rheumatoid Arthritis)

Ailsa Bosworth MBE, National Rheumatoid Arthritis Society, UK



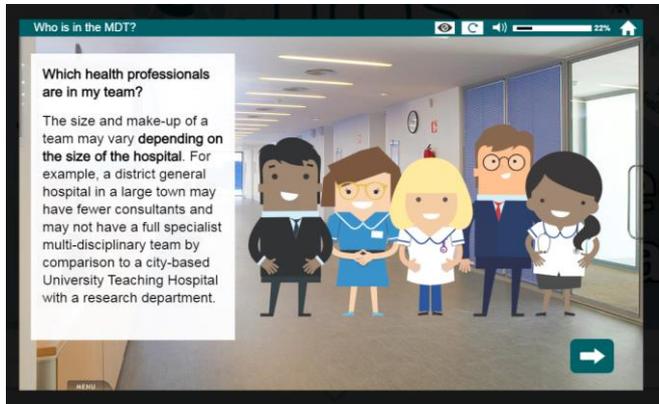
A unique, modular, engaging and interactive e-learning experience for people with RA and their families launched September 2021. Also beneficial for nurses and allied health professionals new to rheumatology.

## Currently 4 modules available

- ✓ Foundation
- ✓ Newly Diagnosed
- ✓ Meet the Team
- ✓ Managing Pain and Flares

## Next up:

Medicines in RA



SMILE has a modular approach to learning, so each module is on a particular subject and takes between 20 mins. and half an hour to complete. There is an intuitive style interface making it easy to use and navigate. After registering and completing the Foundation module which includes baseline evaluation questions, you can direct your own learning experience and choose the modules of interest to explore next. Modules are interactive, contain short quizzes and lots of video and voice-over contributions from rheumatology health professionals, NRAS staff and people with RA. We focussed on making the programme attractive and engaging to work with. Content has been written with input at every stage from the rheumatology professionals, individuals with RA and NRAS staff who have contributed to each module as well as our E-Learning Advisory Board.

## Evaluation

The data we are collecting through the programme is extremely important to us (**RA Impact of Disease questionnaire**) and will help us to understand the impact the programme is having on those participating over time. Data collection is fully GDPR compliant and will only ever be used in an anonymised and aggregated form to report back to our funders, the users themselves and the rheumatology community. Each module has learning objectives at the start and 3 or 4 questions are asked at the end to gauge how well these are being met for participants and this will help us to understand in broad terms that the structure of the modules is working optimally.

- Total registrations between 170921 and 051121 = >620
- Total no. of RAID scores completed between the above dates = 221 (app. one third)
- Percentage of members/non members participating = 75% **non-members**
- Limited demographic data also collected.

## 4 more modules to follow in 2022

- How to have the best consultation
- Exercise in RA
- Love your Heart (how to manage cardiovascular disease risk)
- Treatment of RA



Even though my RA diagnosis was many years ago, my involvement as a Volunteer with NRAS has taught me that there is always more to learn. The research, development and information in the world of RA is constantly evolving. I am a strong believer in 'knowledge is power' when it comes to managing your own condition. Therefore, SMILE is a great resource whether you are newly diagnosed or have been living with RA for many years.

Donna Saunders, living with RA

