

# Strengthening Self-Management to Improve the Quality of Life and Health Status of Patients with Inflammatory Arthritis and Osteoporosis in Switzerland

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## Background:

- People with arthritis taking part in **self-management programmes** feel more **confident** in their ability to **manage** and **control their lives**<sup>(1)</sup>
- **Self-management** has become an **essential component of care** for **patients with arthritis** and other chronic diseases<sup>(2)</sup>
- In **Switzerland**, there is still a **huge gap** regarding the availability of **self-management services**



- **Patient empowerment** and thus **strengthening self-management** is a **core pillar** of the **national strategy for musculoskeletal diseases (2017-2022)**

- The **Swiss League Against Rheumatism** has developed a **self-management programme** for patients with inflammatory arthritis and osteoporosis
- This **pilot programme** runs for two and half year (2019 - June 2021) and is called **KOMPASS**

## Objective:

to **increase the quality of life** and the **health status** of **people with inflammatory arthritis** and **osteoporosis** by enhancing their **self-management capacity**



## Methods:

- **Quality of life** and **health status** are measured with **validated questionnaires** 
- Patients answer a **questionnaire** at three points in time;
  - t1= at the enrolment
  - t2= after the last self-management session 
  - t3= two months after completion of the programme
- **In-depth interviews** will be conducted with rheumatologists and their medical assistant
- In total **45 patients** will be enrolled in the study towards the end of 2020 
- **Training material** has been developed for the medical assistants
- **Medical assistants** undergo an **8 day training** to be able to **consult the patients** in the outpatient clinics



## Results:

- **7 outpatient rheumatology clinics** with **11 rheumatologists** are part of the project (July 2020)
- **7 medical assistants** got trained and **consult** the patients in **self-management**
- **Preliminary results** show that **patients feel more confident to manage their disease** and **increased their knowledge** about the disease too

## Preliminary Conclusion:

- This **new approach** demands a **cultural change** within outpatient clinics
- Potential to **close an important gap in the health system**

(1) Barlow JH, Turner, Wright (2000). 'A randomised controlled study of the arthritis self-management programme in the UK'. Health Ed Res 15(6): 665-80.

(2) De Silva, D. (2011). Evidence: Helping people help themselves. A review of the evidence considering whether it is worthwhile to support self-management. The Health Foundation. London.

