**Title:** Active living with Arthritis: Innovations of ENACT

**Course Description:** The Center for Enhancing Activity and Participation among Persons with Arthritis (ENACT) is a nationally funded research and training center with a mission to change the focus of arthritis research and intervention from a viewpoint of disease and limitation to a viewpoint emphasizing active living and participation. Since ENACT’s inception in 2010 at Boston University, much work has been targeted towards improving the lives of people with arthritis through training programs for health professionals and by developing, participating in, and delivering effective, evidence-based community education programs in different life areas like employment, exercise, and community participation. This course will utilize the experiences from ENACT to provide physical therapists with tools and knowledge necessary to ameliorate activity limitations and participation restrictions for people with rheumatic conditions.

Arthritis, a broad term representing over 100 different conditions, affects over 1 out of 5 adults and is the leading cause of disability in the adult population. While there are many important areas of health functioning for people with arthritis, there are three areas that are high priority: i) preventing work loss and employment cessation (i.e., work disability), ii) promoting adherence to physical activity interventions, and iii) identifying factors that impact activity and participation outcomes after total joint replacement. ENACT addresses these areas through a rigorous research program and dissemination activities to consumers. In addition, ENACT supports a training program to develop the next generation of rheumatological rehabilitation researchers.

Work disability, including work participation restriction and work activity limitation, is substantial among people with arthritis. In clinical samples with rheumatoid arthritis, 40-50% of persons are unemployed after 10 years of being diagnosed. Vocational rehabilitation programs have been effective in the past in reducing work disability. However, vocational rehabilitation services are largely unavailable for people with arthritis so physical therapists may be able to deliver similar interventions in the community. The Work-It Study is a large randomized control trial of 287 people with arthritis, rheumatic conditions, or back pain who are concerned about their ability to continue working in the next few years. We will discuss the study design of this trial and review the Work Experience Survey for Rheumatic conditions, a tool that helps people identify work barriers and generate solutions.

Exercise is strongly recommended to alleviate the disabling symptoms of pain and weakness associated with osteoarthritis (OA). Despite exercise recommendations the majority of people with OA do not exercise. Furthermore, long-term adherence to exercise programs is poor after people have participated in trial-based exercise programs. ENACT is addressing this challenging health problem by testing whether an automated telephone coaching system provided over two years, enhances adherence to a progressive resistive strength training program. We will discuss the details of our exercise program and novel telephone technology.

Rates of total knee replacement are skyrocketing. Recent evidence suggests that 30% of these patients have participation restrictions 1-year post surgery. Considering that 1 million knee replacements are currently performed per year, and this number is anticipated to escalate to 3.5 million per year, we conducted a qualitative study to explore perceptions of participation restrictions among persons who...
reported having trouble doing home and community activities since their knee replacement. We will discuss epidemiological and qualitative research findings in this area.

Lastly, ENACT has engaged in a number of exciting consumer programs over the past four years. These programs will be reviewed and future directions of how physical therapists can impact participation outcomes will be discussed.

**Course Learning Objectives**

1. Understand issues surrounding activity limitations and participation restriction for persons with arthritic conditions.
2. Describe an innovative intervention that can be delivered by physical therapists to people with arthritis to minimize work limitation.
3. Describe the model of a strengthening exercise instruction program provided in group format, with a goal for independent home implementation.
4. Understand potential use of novel technology utilizing a telephone linked communication system to foster adherence to home exercise.
5. Understand reasons for participation restriction following knee replacement: results from a qualitative research study.

**Instructional Level:**

Basic_________Intermediate____xxx_____Advanced___________Multiple_____________

**Instructional Format** *(indicate approx. percentage)*

☐xx Lecture  ☐ Lab-  ☐ Combination _________________________

**Tentative Outline of time and content:**

10 minutes: Overview of disability and public health issues surrounding arthritis

10 minutes: Overview of ENACT’s initiatives

15 minutes: Innovation to minimize work limitations

10 minutes: Innovative group exercise program

10 minutes: Novel Telephone technology

10 minutes: Knee replacement study results

15 minutes: ENACT training and Dissemination programs

10 minutes: Summary, Questions & Answers

Approved by the APTA of MA Board of Directors: Feb 2011
Key References:


speaker:

Julie J. Keysor PhD, PT
Jessica Maxwell, PT, DPT, PhD, OCS
Aileen Ledingham, PT, MS

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