were still on, and 6 had used second line (disease modifying) drugs.

Conclusion Our results show that 76% of RA patients were or had taken CAMs. These were in addition to second line (disease modifying) drugs, and not as alternatives. A few CAMs (e.g. acupuncture) are provided by some Health Service Hospitals, but generally were paid for by patients. The main reason for stopping were lack of efficacy and expense.

SP0171 PATIENT PRIORITIES AT THEIR FIRST CONSULTATION

SC Stafford, NL Cox. *Rheumatology, Royal Hampshire County Hospital, Winchester, UK*

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Background In the changing world of today's healthcare, it has now been recognised that the provision of services should allow patients participation and their say in priority setting. Patients are now much better informed about their disease, treatment available, and the quality of care to which they are entitled. To improve satisfaction we have to identify the goals and expectations for each patient as these may well differ from those the clinician or health professional may think them to be.

Objectives To further explore these concepts and to identify the goals and expectations of each individual patient when they attended for their first consultation in the Rheumatology Out-Patient Department.

Method A questionnaire was designed and sent to patients for completion prior to their attendance at their first consultation. Four domains were selected and the patients were asked to prioritise them in order of their goals and expectations from this consultation.

1) Pain Relief 2) Diagnosis 3) Outlook 4) Help/Other. An extra option was included for individual comments. 500 fully completed questionnaires were randomly selected from the patient notes in the clinic. The order of priority, patient's age, gender and diagnosis were recorded. The results were analysed by variance.

Results The study consisted of 166 male and 334 female patients. Their overall First Choice of the categories was – Pain Relief 235(47%) Diagnosis 197(39.5%) Outlook 43(8.5%) Help/other 25(5%).

These results varied by Gender, Age, Inflammatory and Degenerative, and to a lesser degree by Soft Tissue and Mixed Connective Disease.

Conclusion The results suggest that overall relief of pain is of prime importance, especially amongst the elderly and those with R. A. Diagnosis is the main priority for those <40 years and male patients with O. A. Outlook and Practical Help maybe of concern later but is rarely a priority at first consultation.

Abstract SP0171 Table 1

First Choice	Overall	Age	Rheumatoid Arthritis
	M F	<40 yrs >60 yrs	M F
Diagnosis	38% 40%	52% 41%	39% 35%
Outlook	11% 8%	5% 8%	12% 10%
Pain Relief	49% 46%	38% 46%	45% 52%

Results of Patient's First Choice Selections.

Psychological aspects and management

HP0023 MANAGING THE IMPACT OF OSTEOARTHRITIS AMONG RETIRED PROFESSIONAL FOOTBALLERS: AN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS

AP Turner, JH Barlow. *Psychosocial Research Centre, Coventry University, Coventry, UK*

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Background It has been argued that retirement from professional sport poses unique psychosocial challenges. These challenges may be exacerbated if retirement is accompanied by long-term health problems.

Objective The purpose of this study was to explore the experience of living with osteoarthritis (OA) from the perspective of retired professional footballers in the UK.

Methods Data were gathered via cross-sectional unstructured interviews. It is recognised that the "subtleties" and "personal meanings" inherent in chronic illness are best investigated using qualitative methods. Five retired-professional footballers between the ages of 61 and 68 years were interviewed about the changes experienced as a result of their OA and how they managed these changes. Interviews were transcribed verbatim and analysed using Interpretative Phenomenological Analysis (IPA).

Results Living with OA involved pain, surgery, medication and restricted mobility. Feelings of frustration were often associated with disruption to work, social and leisure activities. Three broad themes emerged which encapsulated respondents' strategies to manage their OA-related problems: comparing self with former self and others; adapting lifestyle and positive reappraisal.

Conclusion All of the retired footballers used downward social comparison to manage the emotional turmoil associated with OA. For some this entailed comparing themselves with other retired players and served to reinforce feelings that they had nothing serious to complain about. Respondents continued to perform modified exercise and leisure activities, but were mindful of aggravating painful symptoms. Respondents demonstrated a positive attitude towards their condition. This was evident through the use of humour as a strategy for managing their OA.

SP0139 'A NEW LEASE OF LIFE': THE EXPERIENCES OF OLDER VOLUNTEERS TRAINED TO DELIVER AN ARTHRITIS SELF-MANAGEMENT COURSE

JM Hainsworth, JH Barlow, AP Turner. *Psychosocial Research Centre, Coventry University, Coventry, UK*

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Background The value of volunteerism among older people continues to be recognised, with benefits extending to both giver and recipient. The purpose of this study was to determine whether conducting an arthritis self-management course as a volunteer lay-leader would lead to improvements in terms of physical and psychological health status.

Methods The study was a pre-test post-test design with data collected at three points in time; before attending training, 6 weeks, and 6 months after training. Data were collected through self-administered postal questionnaires and telephone interviews. The sample comprised 22 older people with arthritis. The majority of participants were women (N = 20), with either osteoarthritis (N = 14) or rheumatoid arthritis (N = 9), a mean age of