

part of the participants expresses the need for a booster and trainers are highly motivated to provide it. Therefore, we think it's worthwhile to start experimenting with organizing booster sessions on a small scale and, depending on the outcomes, consider further implementation.

#### References:

[1] References can be obtained from the first author.

**Disclosure of Interest:** None declared

**DOI:** 10.1136/annrheumdis-2017-eular.6171

#### PARE0015 THE IMPORTANCE OF FACE-TO-FACE NETWORKS: FINDINGS FROM THE 2ND EULAR YOUNG PARE CONFERENCE, "CHANGE THE FUTURE"

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**Background:** EULAR Young PARE's strategy for 2020 is to establish and strengthen groups for young people with rheumatic and musculoskeletal diseases (RMDs) across Europe, by developing a collaborative network. We aim to empower youth leaders to ensure the voice of young people with RMDs is heard. To facilitate this, the 2nd EULAR Young PARE Conference was held in Retie, Belgium in October 2016.

**Objectives:** To empower and educate EULAR Young PARE youth liaisons, focusing on developing academic and interpersonal skills to best support young people across Europe living with RMDs. This was achieved through a series of practical, skills-based workshops and plenary sessions.

**Methods:** The EULAR Young PARE working group reflected on the conference during a debrief meeting. A post-conference evaluation was completed by liaisons. A five-point Likert scale (1= very bad, 5= very good) was used alongside open questions. In addition, there was an informal meeting to generate discussions and receive input from participants regarding the future direction and focus of EULAR Young PARE in 2017 and 2018.

**Results:** The conference was attended by 22 youth liaisons from 20 organisations. The programme was well received with the face-to-face interactions favoured to establish and grow collaborative networks. Through a series of digital poster presentations, each liaison had the opportunity to share recent work in their national organisations. This session was evaluated positively and encouraged liaisons to identify opportunities for collaboration and new national activities, using the VKC as a platform for the sharing of best practices. Workshops were delivered in collaboration with EMEUNET and a EULAR member organisation representative and we piloted a series of six walk-in workshops. While these workshops were evaluated positively, a lack of structure and the need for time constraints was a consistent finding.

**Conclusions:** The "Change the Future" conference was a successful meeting of youth liaisons from across Europe, who were highly satisfied with the programme and mechanism of delivery. Meeting in person facilitated the growth and continued involvement within the EULAR Young PARE network. The activities of EULAR, and specifically the Standing Committee of PARE, were shared with liaisons, encouraging liaisons to become involved in a wider number of EULAR activities. Theoretical and practical skills were developed, while best practices and experiences were shared and highly valued. Furthermore, in future conferences, bitesize workshops will replace walk-in workshops for structure and clarity. Despite living in a digitally connected world, face-to-face interactions cannot be replaced. Learning can be enhanced and actions implemented when motivated individuals are physically united, demonstrating the need for the use of multiple meeting methods to drive innovation. Following the conference, everyone felt inspired, empowered and motivated to implement concrete and tangible steps to inform ongoing and future work. Together, we can change the future for young people living with RMDs.

**Disclosure of Interest:** None declared

**DOI:** 10.1136/annrheumdis-2017-eular.3203

#### PARE0016 KEEP CALM AND TELL ME YOUR STORY!: A NARRATIVE MEDICINE PILOT PROJECT FOR ITALIAN YOUNG PEOPLE LIVING WITH RHEUMATIC AND MUSCULOSKELETAL DISEASES

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**Background:** The 7th point of EULAR Young PARE's Youth Strategy states that "By 2020, every European country has an active national youth group

for young people with rheumatic and musculoskeletal diseases (RMDs)". On this basis, ANMAR – Italian national association for people with RMDs – has engaged in the creation of a youth group dedicated to Italian young people (aged 18–35) living with RMDs: ANMAR Young was born in 2015, through EULAR's Knowledge Transfer Programme. During its first year of activities, ANMAR Young has launched the pilot project of a narrative medicine campaign called *Keep Calm and Tell Me Your Story!*

**Objectives:** *Keep Calm and Tell Me Your Story!* was designed to make sure that the voice of young Italian people living with RMDs is heard, spread, and listened to. In its pilot phase, the project aimed to consult, engage, involve young rheumatic patients while building an Italian network. A major pilot phase's objective was, as well, the launch of a booklet presenting the collected stories on World Arthritis Day 2016.

**Methods:** The ANMAR Young task force has drafted the four different writing traces to compose the campaign, investigating some crucial issues, such as: the impact of RMDs on young people's personal life, working life and education; the experience of transitioning from pediatric to adult rheumatology care services; young rheumatic patients' unmet needs and priorities. The criteria for inclusion of participants were deliberately simple: every Italian person living with any RMDs and aged from 18 to 35 could take part in the campaign. Texts have been collected anonymously exclusively through an online form, promoted and disseminated mostly through social media. The pilot project campaign has lasted one month, from the end of July 2016 until the end of August 2016.

**Results:** From the end of July 2016 to the end of August 2016 21 stories have been submitted by 20 female respondents and 1 male respondent coming from 11 different Italian regions, suffering from different RMDs (among which the condition reported more often is Juvenile Idiopathic Arthritis). The collection has become the subject of a booklet, published in an edition of about 5,000 copies and officially launched in October 2016 in Rome, on World Arthritis Day. The campaign spread online, allowing ANMAR Young to gather different experiences, expand its network, contribute in the process of empowerment and engagement of Italian young rheumatic patients.

**Conclusions:** The campaign *Keep Calm and Tell Me Your Story!* has proved to be a valuable, peer-to-peer, economically sustainable, easily manageable and repeatable (also abroad) engaging tool for raising awareness about the impact of RMDs on the quality of life of young people. We intend to further develop this narrative medicine experience by keeping collecting new stories, by sharing them weekly through social media, by promoting our printed booklet. We intend to further analyze in detail the collected texts, in order to read them not only as personal experiences but also as a qualitative mapping of Italian young people with RMDs' unmet needs and priorities.

**Disclosure of Interest:** None declared

**DOI:** 10.1136/annrheumdis-2017-eular.6175

#### PARE0017 EMPOWERING PATIENTS WITH OSTEOARTHRITIS WITH NON-PHARMACOLOGICAL MEASURES

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**Background:** Osteoarthritis (OA) and other joint pains are generally seen as ailments that affect people with age. With the increase in life expectancy over recent decades, the prevalence of people with OA is drastically growing. Estimates suggest that there are 242M people with OA in the world<sup>1</sup>; 30M live in Europe<sup>2</sup>. The most commonly affected joint at the present time is the knee, followed by hips and shoulders<sup>3</sup>.

**Objectives:** To run an educational program that will provide elderly people with tools to tackle their problems of joints so that they can improve their quality of life by adopting non-pharmacological measures. A well-informed patient knows how to address their disease. Thus, they can improve their quality of life.

**Methods:** The method is based on the capacity of a motivated patient to positively influence others also worried by their health situation by sharing their experiences and awareness of the disease.

*Stage I. Preparatory actions:*

1. Elaboration of contents: An expert team (psychologist, nurse, rheumatologist, family doctor, physiotherapist and rehabilitator) elaborates the content: Knowledge, Weight control, Doing the right exercise, Dealing with the disease
2. Engagement of the target group: "La Caixa" Banking Foundation is supporting this study by giving access to its 63 senior centers in Catalonia (Spain)
3. Selection of senior centers: The educational program is planned to be run in 6 centers. Currently, 20 centers are conducting initial presentations to evaluate interest and ensure the selection of 6 final centers
4. Enrollment of smart seniors: 12 people will be selected (2 per center), called hereafter, "smart patients", through a survey so we can assess interest of enrolling and quality of the presentation
5. Training of smart patients: Train selected smart patients during 9 sessions, 90 minutes each
6. Training groups of patients: Every smart patient will train 2 groups of 10 people also interested in joint health. A nurse will be in every session, giving support only if necessary
7. Evaluation and follow-up: Improvement of participants in the course will be assessed (anticipated sample size 240 people) by surveying level of satisfaction