Free fatty acids (FFA’s) are grouped based on the length of their carbon chains into short chain fatty acids (SCFAs), medium chain fatty acids (MCFAs) and long chain fatty acids (LCFAs). The most FFAs are released after breakdown of triglycerides in adipose tissue and the liver. However, SCFAs including acetate, propionate and butyrate are derived from the fermentation of fibres in the gut. In this presentation, the good or the bad properties of FFA’s to control or aggravate inflammation in general will be discussed. With special focus on rheumatic disorders, such as rheumatoid arthritis and gout. In addition, the synergy of LCFAs with damage associated molecular patterns (DAMPs) will be addressed. Finally, the therapeutic value of SCFAs will be discussed in rheumatic disorders.

Disclosure of Interest: None declared
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THURSDAY, 14 JUNE 2018
Inclusive school environment for young people with RMDs

Introduction

RAiISE is a user-led research project inspired by the negative experiences that young people face while studying and living with an invisible illness. Many young people who live with chronic illnesses look no different to their healthy peers. The invisible nature of some illnesses can often lead to an invisible struggle, leading to misunderstandings, particularly in the case of young people. It can be a huge burden on the chronically ill to make the invisible, visible to others.

Objective: The main objective of RAiISE is to improve the standard of care given to young people with invisible illnesses in school and college and to create a resource to teach education professionals a series of strategies and techniques to support their students. RAiISE will also offer support to young people with invisible illnesses and aim to empower them to take control of their own health.

Methods: A young patient of Alder Hey NHS Children’s Foundation Trust decided to raise awareness of living with an invisible illness. A network of young people, parents, education and health professionals was created and a series of workshop and focus groups allowed each stakeholder to share their experiences and expertise as they inspired and advised the production of the RAiISE information pack. It is important that young people are able to shape research based on their lived experiences. Several international charities and organisations have offered support and knowledge in advising the process.

Results: At early workshop meetings, young people with invisible illnesses and their parents were able to offer personal accounts and experiences which highlighted that the most common themes were problems with communication and trust, as well as difficulty in understanding the erratic nature of many chronic illnesses. From this research, a draft information pack was written by the RAiISE committee, which was later presented to young people, parents, health and education professionals and charity representatives. All stakeholders were able to offer their expertise from their respective fields. Feedback was overwhelmingly positive and any adjustments are to be made in the coming weeks. The final pack will be completed and ready for distribution by the end of summer 2018.

Conclusion: The project has been a successful example of young patient led research and highlights the importance of self-management in young people living with invisible chronic illnesses. The collaboration between young people, parents, and education and health professionals has highlighted the necessity for cooperation between all stakeholders for the benefit of the young person.

Disclosure of Interest: None declared

SP0038 Raising awareness of invisible illnesses in schools and education
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even more ways in which your university or school can help you to get through your day than you would think of in the first place. Without asking for help, you will never find out what is actually possible. Through communicating with a disability spokesperson you will most likely get even greater support.

In my lecture I will talk about my own story and how I managed to finish my Bachelor Degree whilst falling chronically ill with Adult Onset Still’s Disease. I will give examples on how to handle a life with chronic illness. There will be some tips on what to do when your counterpart is not as understanding as he or she should be. I will explain what I do to get me through lectures and exams.

Disclosure of Interest: None declared