Acknowledgement and support from health professionals can make a difference to people with RA-related fatigue

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AB1456-HPR SHARED DECISION MAKING IN PRACTICE AND NEEDS OF RHEUMATIC PATIENTS ON NURSING SUPPORT

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Background: Value Based Health Care entails creating value for the patient by providing meaningful care. Meaningful care can be given with focus at the perspective of the patient. Nurses play a role in measuring and monitoring care outcomes, but also have an important role in providing information about, treatment options and counselling of patients with their illness and treatment. Nurse consultation is part of the clinical pathway for rheumatoid arthritis patients.

Objectives: What are the needs and expectations of a patient at a consultation with the rheumatology nurse?

What do rheumatology nurses discuss with patients and their relatives during the nursing consultation and does this fit with the nursing competences from the generic self-management model?

Methods: Beside literature research two focus groups with patients about nursing care in the out-patient clinic were held. Also 10 nurse consultations were analysed from 3 different nurses. Qualitative data from both focus groups and observations were analysed and encoded with Atlas.ti.

Results: Patients were positive about the time spending for education and information. They expect the nurse to be a guide and give reliable information. They wanted emotional support especially when medication change and in the begin period when diagnosis is set. Suggestions for subjects for follow up consultation like medication check, co-morbidity screening were positively received. Talking about self management is also a well received subject. A specific tool for self management like the self management web could support both patients and nurses.

Observation in practice showed that nurses give education and advice, but coaching is a less used skill.

Conclusions: Patients want emotional support, education about illness and self management support. Nurses are well equipped in give information and advice but must be educated in using there coaching skills and support patients to talk about their experienced problems in daily live.

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AB1457-HPR AGGRESSION, DEPRESSION LEVEL AND GOUT-RELATED CHARACTERISTICS AMONG FILIPINOS DIAGNOSED WITH GOUTY ARTHRITIS: A CROSS-SECTIONAL, MULTI-CENTRE STUDY

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Background: Uric acid (UA) is the end-product of purine metabolism in humans. Hyperuricemia or the elevated levels of serum UA have been implicated in the development of multiple health problems, including gout. Several studies show that UA predicts changes in behaviour over-time.

The importance of these behavioural changes can affect implementation of psychotherapeutic intervention and rehabilitation. However, there is a dearth of literature to support the relationship between gout-related characteristics and the aggressive and depressive behaviour of individuals with gouty arthritis.

Objectives: The primary aim of this study was to determine the predictors of aggression and depression tendencies through exploring the association of gout-related characteristics with the level of aggression and depression among adults aged 30–79 years old diagnosed with gouty arthritis within the healthcare facilities of Manila.

Methods: This study employed an observational, cross-sectional multi-centre design that was conducted in various healthcare facilities within the city of Manila. The participants were composed of 75 Filipino individuals diagnosed with gouty arthritis.

Results: Using logistic regression with significance level of $p \leq 0.05$, findings revealed that there were significant associations between the aggression and gout-related characteristics, specifically the average gout pain level ($p=0.013$), gout duration ($p=0.022$) and serum UA ($p=0.018$). Furthermore, results also showed that there were significant correlations between the depression and gout-related characteristics such as self-reported comorbidities ($p=0.020$), average gout pain level ($p=0.032$), serum UA ($p=0.045$), number of joints with gout ($p=0.016$), and number of gout attacks ($p=0.029$).

Conclusions: Findings revealed that the higher the values are in the gout-related characteristics, the higher the level of aggression and depression among gout patients. These significant associations can be considered as predictors of aggression and depression tendencies which validates the necessity to address the biopsychosocial aspect of an individual and to consider an effective approach on psychotherapeutic intervention and rehabilitation.

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AB1458-HPR WORK PARTICIPATION OF PEOPLE WITH MUSCULOSKELETAL DISORDERS IN IRELAND: A QUALITATIVE MULTI-STAKEHOLDER ANALYSIS

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Background: Musculoskeletal disorders (MSD's) are a leading cause of work disability. Good work offers many potential benefits to employees with MSDs. Understanding the perspectives of all the players involved in helping people with MSD's to stay at, return to and remain in work will advance understanding of work related interventions and services. Given the varying health and social insurance systems across international contexts there is a need to develop contextually specific knowledge.

Objectives: To explore in-depth the perspectives of multiple stakeholders involved in helping people with MSD's stay at, return to or remain in work.

Methods: In-depth qualitative interviews were completed with people with MSD's, health professionals, and employers to explore their perspectives on what factors support people with MSD's to stay in, return to, or remain in work in Ireland. Data were analysed using thematic analysis.

Results: Across all stakeholder groups biological factors were most implicated as the reason for work absences and the resolution of symptoms