Conclusions: A family-centered interactive educational and recreational day offers the opportunity for peer-to-peer connections, education and support for families of children, and youth with rheumatic diseases, and promotes the formation of a strong community addressing family and child needs.

Disclosure of Interest: None declared

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PARE0005 DEVELOPMENT & DISSEMINATION OF A RESOURCE ABOUT METHOTREXATE USE FOR AND BY PATIENTS WITH INFLAMMATORY ARTHRITIS

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Background: In managing inflammatory arthritis, methotrexate is often one of the first therapies prescribed. Methotrexate is a therapy used long-term and often in combination with other medications. As people who live with arthritis, we know that for a variety reasons, people do not use methotrexate as prescribed by their healthcare provider and as a result, they may not experience its maximum benefits.

Objectives: We set out to build and disseminate a resource about methotrexate and its use from the patient perspective. It is our aim to help patients find ways to deal with taking their methotrexate by sharing other patients’ experiences and tips with them.

Methods: We surveyed people who live with arthritis about their attitudes and coping mechanisms related to taking methotrexate, seeking tips and tricks to share. A Board member/project manager created an online survey that was medically reviewed (English, French) and collected responses (circulated via newsletter, social media, patient organizations). Following the analysis of survey responses, a resource was developed and reviewed by 2 rheumatologists and a pharmacist. The resource was disseminated using similar methods to the survey.

Results: The survey response was global (363 responses, 77% with rheumatoid arthritis, 22% with psoriatic arthritis, 63% in Canada). Almost half of the survey respondents indicated they “do not like taking methotrexate, but it helps me manage my arthritis.” Along with 5 top adaptations made to better tolerate taking methotrexate, a major gap was that 80% of respondents indicated not talking to their physician or pharmacist about finding an appropriate solution with respect to taking methotrexate. A web-based resource was developed and its dissemination plan are currently being completed and will be presented.

Conclusions: CAPA created a web-based, medically reviewed resource about taking methotrexate informed by patients’ experiences who live with inflammatory arthritis. This resource aims to help people better manage taking methotrexate and is being disseminated.

REFERENCES:


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