participated. 186 participants had attended Family Day the previous year; 148 participants were first time attendees. Families came from 29 communities throughout British Columbia. 59% of attendees completed the post-event survey. The event was rated as very good or excellent by 98% of respondents, with most stating they would recommend Family Day to other families, and planned to attend the event next year. Parents enjoyed opportunities to meet other parents and health professionals in small interactive groups, and asked for more actionable strategies to help them with their children. The post-meeting questionnaire identified what families perceived as their greatest challenges in dealing with their child's rheumatic disease: day-to-day family life, pain, well-being, school, medications and treatments, and fear.

Please also see our Family Day video with kids and teens sharing what the day means to them: <https://vimeo.com/234426339>

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

DOI: 10.1136/annrheumdis-2018-eular.1840

PARE0004 LET'S MOVE WITH ARTHRITIS! – NORDIC WALKING FOR PEOPLE WITH RMDs

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Background: Slovak League against Rheumatism (SLAR) identified a need among its members to provide support when it comes to physical exercise and rheumatic diseases. Nordic Walking is fitness walking with specially designed poles. It uses 90% of the skeletal muscles. Nordic Walking is ideal for neck, shoulder and back problems while it also reduces pressure on knees and joints. Poles propel the walker along, making it easier to move faster than normal without feeling the effort. With the cooperation with the Slovak Nordic Walking Association, SLAR provides trainings in local branches and encourages individuals to do physical activities while monitoring their progress.

Objectives: The aim of the project Let's Move with Arthritis! is to improve treatment, prevention and rehabilitation of RMDs, to support healthy lifestyle and thus lower the impact of RMDs on individuals and society through a structured training on the correct Nordic Walking techniques.

Methods: The project Let's Move with Arthritis! started in September 2017 when SLAR obtained 5 pairs of Nordic Walking poles for each of our 17 local branches and clubs. SLAR provided trainings with the cooperation of the Slovak Nordic Walking Association. Individuals were tracking their progress using excel sheets. The goal was to achieve 1 000 000 steps for people with RMDs by 14 October when SLAR held its World Arthritis Day event. Steps of all individuals in local branches were summed up and the goal was not only achieved, it was overcome.

Results: A total of 506 individuals participated in the Nordic Walking trainings from September until 14 October 2017. They walked 1 144 km and made 3 386 517 steps. Each of the participating branches provided SLAR with a final report that showed that the cooperation with the instructors of the Slovak Nordic Walking Association was excellent. The activities showed that people with RMDs walked with enthusiasm. The local branch in Kosice made the most steps – over 800 000. Participants were keen on continuing Nordic Walking trainings also without instructors and beyond October 2017.

Conclusions: The project Let's Move with Arthritis! proves that even people affected by RMDs are able to do physical exercise, in our case Nordic Walking. Importantly, the project provided simplified and step-by-step instructions to Nordic Walking with the aid of the Slovak Nordic Walking Association. The instructors provided individuals with warm-up techniques, correct Nordic Walking techniques and cool-down techniques after each session. The aim of the project was to reach at least 1 000 000 steps for people with RMDs but it also proved that people with RMDs benefit from physical activities like Nordic Walking when using correct techniques. It can improve their quality of life, increase mobility, improve coordination and strengthen the ligaments. Each participant expressed the will to continue with the project beyond October 2017.

Acknowledgements: We would like to acknowledge the Slovak Nordic Walking Association for their guidance and support.

Disclosure of Interest: None declared

DOI: 10.1136/annrheumdis-2018-eular.1110

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.^{1,2} Methotrexate is a therapy used long-term and often in combination with other medications.^{3,4} 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.

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Acknowledgements: CAPA wishes to thank various pharmaceutical companies that allow us to conduct our operations as well as other patient organizations and health charities with whom we collaborate.

Disclosure of Interest: D. Richards Grant/research support from: CAPA receives funding from a number of pharmaceutical companies to conduct its