WORK MATTERS: A UK WIDE SURVEY OF ADULTS WITH RHEUMATOID ARTHRITIS AND JUVENILE IDIOPATHIC ARTHRITIS ON THE IMPACT OF THEIR DISEASE ON WORK

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Background: 10 years ago, NRAS ran a survey and found that people with RA are less likely to be in employment than the general population, and that there are significant barriers to work.

Objectives: To understand how the situation has changed over the last 10 years, NRAS surveyed over 1500 people with RA to understand their experiences.

Methods: NRAS worked with the University of Manchester (UoM) to develop open and closed questions to explore the current state of employment of people with RA, as well as barriers to remaining in and returning to employment. The survey was developed jointly with UoM and contained validated questionnaires on absenteeism and presenteeism. The survey was distributed by NRAS to its members through email and non-members through social media.

Results: 63.3% of people surveyed were in employment, an increase from 2007 when this figure was at 54.8%. However, a significant number of people were concerned about the possibility of remaining in the job if there were any changes to the nature of the work. Participants commented on the challenges and advantages of work, with the primary advantages being financial security, sense of purpose, and enjoyment, and the employer/working environment. Many of the barriers to work included the role being too demanding, RA symptoms, lack of reasonable adjustments, the commute, and the lack of an understanding employer/colleagues. Almost 40% of participants stated that their employers did not understand the disease and that help was not available. Nearly half of all respondents had to use annual leave in order to deal with their RA; this being just one example of how employers had breached the Equality Act 2010. The survey found respondents had to use annual leave in order to deal with their RA; this being just one example of how employers had breached the Equality Act 2010. The survey found one example of how employers had breached the Equality Act 2010. The survey found that people with RA are more likely to be in employment than the general population, and that there are significant barriers to work.

Conclusions: Fewer people are losing their job or retiring early due to the disease of RA to remain in work. Progress must be made to raise awareness of employers responsibilities in relation to employees with disabilities, but also to signpost employers to help that is readily available for them.

REFERENCES:
[1] National Institute for Health and Care Excellence (NICE). Quality Standard for employers to help that is readily available for them.

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USING YOUTUBE TO TEACH THE FUNDAMENTALS OF RHEUMATOLOGY: A TWO-YEAR RETROSPECTIVE ANALYSIS OF FOUR ONLINE LECTURES

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Background: Duesseldorf has a dedicated rheumatology unit; therefore, education in rheumatology takes up an increased portion of the medical curriculum. Furthermore, most medical schools in Germany have very few or no lectures on topics in rheumatology. According to the German Society of Rheumatology, one reason for the lack of lectures is the absence of dedicated rheumatology teaching units. To improve education in rheumatology offered to medical students at these universities, we hypothesise the use of online platforms such as YouTube to be a potential in delivering content.

Objectives: Investigating the potential of YouTube to deliver online lectures in rheumatology.

Methods: Online lectures were created by a physician from the Department of Rheumatology at University in Duesseldorf and the e-Learning platform Amboss. Content was matched with the educational goals of the Department of Rheumatology from the 2016 curriculum and the educational goals for rheumatology from the MPP (“Institut für medizinische und pharmazeutische Prüfungsfragen”), which is responsible for the medical state examination (“Staatsexamen”) in Germany. Lectures were produced in German and the overall length of the content was 36 min and 27 s. The content was divided into four short lectures (range, between 6:49 min and 13:27 min) and made available to the public via the online streaming platform YouTube. Information on the age, sex, and location of viewers was collected and analysed. Lectures were analysed for the number of clicks, total watch time, average watch time, and the types of devices used to access content. Analysis was performed over a 20 month period (04/16–01/18). The integrated feature of the platform YouTube Analytics was used for analysis.

Results: Viewers from 108 different countries accessed the content, with 95.1% streaming from three countries with German as a native language (Germany,
Austria, Switzerland). Males comprised 55.6% of the viewers and females 44.4%. Twenty percent of viewers were aged between 18 and 24 years, 56% were between 24 and 34 years of age, 14% were aged between 35 and 44 years old, and the remaining 10% were over the age of 45 years.

All four videos were clicked 82,373 times (first video, 31,296; second, 18,674; third, 15,928; fourth, 16,475 times). Viewers spent an average of 4.37 min watching the videos. In total, 381,514 min of content was delivered. Approximately 58% of the content was accessed through mobile devices such as smartphones and tablets.

Conclusions: YouTube and YouTube Analytics were found to be exceptionally successful in delivering and analysing online lectures. Mobile phones were the most commonly used device by viewers, demonstrating the growing importance of adapting content for these devices. A comparison of the delivered educational minutes with the traditional setting of delivering knowledge at a university in a 45 min lecture to an average audience of 100 individuals amounts to approximately 847 lessons. In conclusion, the use of online lectures to deliver medical content especially in universities where rheumatology is not represented by a dedicated faculty is highly recommended.

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