- the struggle for full and equal life for people with rheumatic and musculoskeletal diseases
- the establishment of regional clubs and specific patient groups of Czech League Against Rheumatism

Objectives: Creating a campaign Rheumatism Challenge 2018 - "Rheumatism in motion" We are going in that together! The aim of this campaign is improving the health condition of people with RMDs. To motivate patients to move regularly and raising patient awareness about the importance of physical activity.

Methods: Walking as a means to reach a goal is the main content of this campaign. The aim of each participant in this campaign is to reach as much as possible steps and kilometers every months. Exiting challenges prompts patients to higher goals and giving them courage. Through walking Czech League Against Rheumatism wants to improve physical and mental health of people with RMDs. Wants to maintain a joint mobility and reduce a pain. Know and find the right kind of movement for each patient. Information about this campaign is published on the webpage, Facebook and Instagram of Czech League Against Rheumatism.

Results: This campaign managed to raise awareness about the importance of physical activity in patients with rheumatic and musculoskeletal diseases among the general public. Information about the campaign was in press and television. The campaign continues in 2019.

In response to the campaign has increased the number of members in Czech League Against Rheumatism, an increased number of visitors and fans of the Facebook page Czech League Against Rheumatism.

Conclusion: This campaign seems to be very useful in promoting how important physical activity is for patients with RMDs. This campaign can support patients be more healthy and physically active. Active approach to one another life can inspire other patients and their families and friends. Very important is also the support of this campaign from the professional community, medical doctors and health professionals.

Disclosure of Interests: None declared

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PARE0008 UNDERSTANDING THE IMPACT OF ANKYLOSING SPONDYLITIS IN DAILY LIFE OF THE PORTUGUESE PATIENTS: RESULTS FROM THE ASSESSMENT OF RESULTS IN ANKYLOSING SPONDYLITIS (AREA) STUDY

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Background: AS is known to have a significant burden upon the individual, family and society. It is essential to assess the impact of AS in patients' lives, to raise awareness and improve early referral, diagnosis and treatment, for a better quality of life.

Objectives: To assess the impact of AS in the life of Portuguese patients (work, daily activities, social life).

Methods: The Assessment of REsults in Ankylosing spondylitis (arEA) study was developed by the NOVA-IMS in cooperation with: Portuguese Society of Rheumatology, Portuguese Association of Family Physicians, National Association of Primary Care Units, National Association of AS Patients and the Portuguese League Against Rheumatic Diseases. The arEA aimed at assessing reasons for delayed referral of suspicious cases of AS to the rheumatologist, as well as disease impact in patients' lives, global health and work. A comprehensive online survey was developed with the collaboration of LPCDR and sent to AS patients. Data on demographics, lifestyle habits, daily life activities, working habits, disease indexes and healthcare utilization, health status/quality of life indicators, EQ-5D and BASDAI scales. A generalized linear model was adjusted in order to identify the factors impacting on quality of life of patients.

Results: 354 patients responded the survey, 42.1% female, most frequently from the 35-44 year-old age group. Mean age at disease onset was 27 years old, while the diagnosis was confirmed 7 years later. In the previous 12 months, the average of working days lost due to AS issues was 37 (including sick leaves). During that period, AS has affected work productivity in average around 73 days. Cumulatively,

patients' relatives or friends had also lost about 13 days of work, to provide them assistance. Regarding limitations in daily life activities, house cleaning (55.5%), physical exercise (46.5%), getting in/out of bed (45.6%), using stairs (37.9%), shopping (37.4%) and tying shoes (35.2%) were reported as being highly limited by AS. As for the social life, family and friends' relationships were reported as not being affected by over 60% of AS patients. However, 19.8% of the respondents have reported a worse relationship with their partners after diagnosis, and 29.7% reported having decreased the frequency of sexual intercourse. Leisure activities, were only reported as not being affected by 34.6% and 40.5% of patients, while the practice of sports has much decreased in 40.7% of the respondents. Almost 80% had mobility issues during the last year, and over 65% had their usual activities/routines affected by AS. The average BASDAI score is 5.5 and the EQ visual analogue scale 55. Analyzing the impact of treatment, biologics and biosimilars were reported as having significantly improved patients' quality of life, except for physical or sexual activity.

Conclusion: AS has a major impact in the daily life of patients, work productivity, social relationships and leisure activities. Early diagnosis and treatment, along with physical rehabilitation/exercise plans, can reduce this impact and improve their quality of life.

Disclosure of Interests: None declared

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Best practice campaigning

PARE0009 THE PHYSICAL AND EMOTIONAL BURDEN OF RHEUMATOID ARTHRITIS: DATA FROM RA MATTERS, A WEB-BASED SURVEY OF PATIENTS AND PHYSICIANS IN EUROPE AND CANADA

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Background: Rheumatoid Arthritis (RA) is a chronic inflammatory disorder that negatively affects the patients' health-related quality of life (QOL).¹ Despite much progress in addressing the burden of RA, a gap exists in terms of understanding 'what really matters' to patients with RA, and balancing patients' QOL aspirations with clinical targets in key treatment decisions.

Objectives: This international survey investigated how RA affects the lives of patients according to the perceptions of both patients and healthcare providers (HCPs), in order to help health professionals attune their care on the domains that really matter to patients.

Methods: Data were collected from patients with RA, and rheumatologists or HCPs who treat RA in Canada, France, Germany, Italy, Netherlands, Spain, Sweden, and UK using a structured, closed-ended questionnaire in their local language. Respondents for the survey were recruited from survey panels of verified unique responses, as well as through social media. Data were summarized in terms of both frequency and percentages of patients to understand the experience of patients living with RA on daily activities, relationships, work, and aspirations.

Results: Overall, 5400 adult patients (81% female; mean age 52 years), and 808 rheumatologists or HCPs participated in the survey between November 2016 and February 2017. Of these, the highest proportion of patient and HCP respondents were from the UK (n=1250) and France (n=230), respectively. Overall, 52% of patients and 62% of HCPs believed that the emotional impact of RA is not well understood by people without the disease; whereas 46% of patients and 52% of HCPs had a similar belief with regards to the physical impact of the disease. Patients who felt that the impact of RA is less well understood by others expressed more negative feelings about every aspect of their life with RA. Important relationships with spouse or partner, children, family, friends, and colleagues were generally affected negatively. Almost half of the patients (48%) who participated in the survey reported that they were forced to take long-term leave/retirement or experienced slow career progress since being diagnosed with RA; more than 3 in 5 patients found exercising to be difficult; and almost 1 in 4 patients found difficulties in taking care of personal grooming. Aching/stiff joints, pain, and fatigue were the key physical barriers to activities for patients, and 65% of patients felt frustrated when they were unable to undertake or complete daily activities due to their disease. Two-thirds of patients wished to be able to accept their life with RA and do what they can to cope with it in the future. Over half of