SATURDAY, 06 JUNE 2020

Patient information and education

PARE0001

DIET, NUTRITION AND ARTHRITIS – A WORKSHOP FOR YOUNG PEOPLE WITH RHEUMATIC AND MUSCULOSKELETAL DISEASES (RMDs).

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Background: The impact of diet and nutrition on RMDs is a growing topic with lots of ongoing research and remaining questions. Youth-R-Well.com, the organization for young people (18-30 years) with rheumatic and musculoskeletal diseases (RMDs) in the Netherlands, recognized that young people want to know more about this theme. Therefore, Youth-R-Well.com organized the workshop "Diet, Nutrition and Arthritis" to inform young people with RMDs about the facts and myths of the impact of diet and nutrition on RMDs.

Objectives: The main objective of this project was to inform young people with rheumatic and musculoskeletal diseases about the impact of diet and nutrition on RMDs. Youth-R-Well.com wanted to offer the knowledge of proven research and studies, and provide all the recent facts and fables about this topic. By becoming well-informed about the impact of healthy cooking, young people are able to improve the self-management of their disease. Besides providing information about the impact of diet and nutrition, the objective was to offer tips and tricks about ergonomic cooking. With the right tools for cooking, the participants might be inspired by a less painful and more suitable way of cooking, which also increases the self-management of their disease.

Methods: To make sure the event was consistent with the needs of young people, Youth-R-Well.com organized a cooking workshop, that consisted of two parts: informative presentations and a fun healthy cooking workshop. For the first part, we invited a professor and a dietitian specialized at this specific topic to provide the correct and up-to-date information. For the second part, we invited an occupational therapist to provide information about ergonomic cooking. The kick-off of the day was by two informative presentations: the professor, who focused on recent studies, and the dietitian, who focused on the practical side. Both the presentations ended up in a question and answer component, where the participants showed lots of interaction. After the first session, the practical side of the workshop could be started. Several nutrient full and healthy recipes were made in teams to interact with other participants. An occupational therapist facilitated the participants by presenting the less painful and correct technique for preparing food. The workshop is filmed and shared through YouTube, to make sure the information reaches more young people with RMDs.

Results: It was a successful workshop where over 40 participants were present. The educational and helpful presentations were well received and created more realization of the impact of an appropriate and altered diet. The survey, which was filled up by the participants, has shown that over 91% rated the event by the highest-ranking "good". Also, in the second part of the workshop, the practical cooking was very good and useful; it was rated as the most favorite part. The workshop was filmed and shared online, we reached over 1300 people with enthusiastic and lovely comments.

Conclusion: Based on the questions of young people around the impact of diet and nutrition on RMDs, Youth-R-Well.com organized the workshop: "Diet, Nutrition and Arthritis". Through the combination of informative presentations and a fun cooking workshop, Youth-R-Well.com managed to inform young people about this growing topic. We will continue to spread the information through our online video on our online channels to reach more young people with RMDs.

Disclosure of Interests: None declared

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PARE0002

IMPACT OF SERVICE DOGS ON THE BURDEN OF ARTHRITIS

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Background: Assistance dogs support humans with different physical disabilities: 1. Service dogs for people with diverse mobility impairments 2. signaling dogs for humans diagnosed with diabetes, hearing impairments, seizure, or posttraumatic stress disorder 3. guide dogs for people with visual impairments. Definitions and terms are not consistent over Europe; Austrian terminology is used in the following. These specially trained dogs support people in their everyday lives and make it possible that less help is required from personal assistants or caregivers. Diverse studies show this positive impact of assistance dogs on the quality of life of disabled people. There are just a few case reports from United States about service dogs for people diagnosed with any inflammatory rheumatic disorder. Dogs are trained individually for about 1.5 years before team training and the concluding team assessment through Austrian authorities take place. Since 2015, there has been an adapted legislation for service dogs in Austria which brings significant improvements in many areas. In comparison to

the model set by Austria, there is no corresponding legal basis at EU level or in other European countries.

Objectives: Case-report about my own situation diagnosed with juvenile idiopathic arthritis (JIA) in 2001 and my service dog May. May supports my every day live in private and business affairs since 2019

Methods: May was trained for less than two years before team assessment. May is able to pick up things I dropped. These include coins, my key, my mobile phone, clothes, towels and lots of other things I want her to pick it up for me. May opens and closes doors, empties the washing machine, pulls the laundry basket and even helps me put on and take off clothes. In general, she carries many things which I instruct her to carry. I am able to learn her more new things in a short time. Furthermore May acts safe on public transport and even airplanes. Due to special training May is allowed to move without dog leash or muzzle. A muzzle or leash would handicap the dog's work. As a result of May's help I need less personal assistance.

Results: May's physical and psychological support gives me greater independence and increases my self-confidence. She was trained to specifically meet the needs of my disability. Beside her skills, May helps to reduce pain and burden of arthritis.

Conclusion: My aim is to spotlight the great support of service dogs to severely affected arthritis patients. Austria had realized legislation for assistance dogs to guarantee certain permissions the owner's needs (e.g. access to working place, hospital). I would love to raise awareness about assistance dogs to improve the knowledge about those animals to implement European legislation.

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PARE0003

MY RA STORY - PERSONAL ACCOUNTS OF LIVING WITH RHEUMATOID ARTHRITIS

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Background: Over 2,000 people are diagnosed with rheumatoid arthritis (RA) in Ireland each year; three in four are of working age. In total, RA affects some 45,000 people in the country; 70 per cent of whom are women.

For someone newly diagnosed with RA, coming to terms with the news can seem overwhelming.

Such a dramatic shift in life circumstances can impact one's physical and mental well-being. While there is no shortage of information available about the condition, it can be overwhelming trying to filter this, assess what is trustworthy and reliable.

Objectives: •To provide information and hope to people newly diagnosed with RA, and to give a voice to those living with the condition;

•To increase awareness and understanding of RA – encourage engagement with HCPs, contributing to early diagnosis and better outcomes;

•To increase awareness of work of Arthritis Ireland as a patient organisation.

Methods: Arthritis Ireland approached best-selling author and RA patient, Sinead Moriarty, to front an RA awareness campaign, called My RA Story.

The purpose of the campaign was to increase awareness and understanding of rheumatoid arthritis, of what it is like to live with this chronic condition with its invisible pain and life-changing impact. In so doing, Arthritis Ireland wanted to give a platform to people to tell their own story, so that they could be heard. We then wanted to publish these experiences in book form.

In April 2019, we launched a video on social media featuring Sinead Moriarty speaking about her experience of living with RA. The video generated lots of engagement across social media and also helped garner national and regional media coverage in print and broadcast.