To explore the role of nurse in rheumatic care and feasibility of enhancing T2T target strategies in Japan.

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Background: The role of rheumatology nurses is considered important for the implementation of T2T. For nurses' contribution to implementation of the T2T strategy, it is necessary to explore the nurses' opinion on their roles in real clinical practice.

Objectives: The aim of this study is to evaluate what is required for nurses to implement T2T in real clinical practice in Japan.

Methods: Registered nurses engaged in rheumatic care in clinical practice in Japan were enrolled. Focus group interviews were conducted exploring "What is necessary for RA nurses to implement T2T using semi-structured interviews. Data analysis was used with Krippendorff's content analysis method.

Results: 24 nurses (all females) from 10 hospitals were enrolled in this study. The results of the analysis were organized in 10 main categories derived from 37 subcategories based on 64 different codes: (1) provide basic knowledge of RA, (2) provide knowledge of RA drugs, (3) provide knowledge and skills of self-monitoring, (4) enhance self-efficacy and support self-management, (5) support decision-making, (6) psychological and social support, (7) understand the diversity and feelings of patients and their families, (8) support based on individual needs, (9) ensure continuing educational opportunities for nurses to enable the provision of high quality care, (10) collaborate with multidisciplinary teams. These categories are mostly covered in the contents of the 2018 updated EULAR recommendations for the role of nurses except "evidence-based rheumatic care", "telehealth" and "comprehensive participation in disease management".

Conclusion: These findings indicate the areas of exploration including further educational and training needs, attitudes and the professional scope for nurses to extend their roles to provide greater value to patient care.

In Japan, evidence-based RA nursing and telehealth systems have not yet been established. In addition, therapeutic intervention by nurses and nurse-led clinic are not permitted. Our results might reflect this situation and possibly elucidates the gap between EULAR's evidence-based recommendations and opinions of Japanese nurses working in daily clinical practice. As evidence-based nursing is considered to be crucial from both cost-effectiveness and improvement of patients QOL, this result also might shed light on what we need for future better rheumatic nursing in Japan.

References:

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