within a phenomenological-hermeneutic framework inspired by Paul Ricoeur’s for 40 and 60 years. Six of the participants were active at the labor market and two gender (3). One male and seven female patients participated, aged between the exploratory nature of the study, we strived for variety in diagnoses, age and patient rehabilitation stay. A convenience sampling strategy was applied. In order to a rheumatic disease three to five weeks after discharge from a two-week inpa-

Table 1. Overview of included studies

<table>
<thead>
<tr>
<th>Author (year)</th>
<th>Intervention</th>
<th>Country</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga</td>
<td>Hasslock (1994) Yoga</td>
<td>UK</td>
<td>Functionality</td>
</tr>
<tr>
<td>Dash (2012) Yoga</td>
<td>India</td>
<td>physiologi-</td>
<td></td>
</tr>
<tr>
<td>Badsha (2009) Yoga</td>
<td>UAE</td>
<td>Functionality, QoL, Disease activity</td>
<td></td>
</tr>
<tr>
<td>Bosch (2009) Yoga</td>
<td>USA</td>
<td>Functionality, physiological, pain</td>
<td></td>
</tr>
<tr>
<td>Evans (2010)</td>
<td>iyengar Yoga</td>
<td>USA</td>
<td>Functionality, QoL, depression, anxiety, pain,</td>
</tr>
<tr>
<td>Singh (2011)</td>
<td>Yogic package (incl. India</td>
<td>Disease activity, pain</td>
<td></td>
</tr>
<tr>
<td>Telles (2011) Yoga</td>
<td>India</td>
<td>Disease activity</td>
<td></td>
</tr>
<tr>
<td>Evans (2013) iyengar Yoga</td>
<td>USA</td>
<td>Functionality, QoL, anxiety, pain,</td>
<td></td>
</tr>
</tbody>
</table>
| Ward (2018) Yoga | New Zealand | USA | Functionality, QoL, Disease activity, depres-

<table>
<thead>
<tr>
<th>Author (year)</th>
<th>Intervention</th>
<th>Country</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greyesen (2019)</td>
<td>Yoga-based lifestyle</td>
<td>India</td>
<td>QoL, Disease activity, physiological</td>
</tr>
<tr>
<td>Gautam (2020) Yoga</td>
<td>India</td>
<td>Disease activity, physiological</td>
<td></td>
</tr>
<tr>
<td>Puskic (2021) Yoga</td>
<td>Croatia</td>
<td>QoL, depression, anxiety, pain, fatigue, sleep quality</td>
<td></td>
</tr>
</tbody>
</table>

MBT = Mindfulness-Based Cognitive Therapy; PMR = Progressive muscle relaxation; MBSR = Mindfulness-based stress reduction; MAAT = mindfulness-based emotion regulation therapeutic program, MAAT = mindfulness-based emotion regulation therapeutic program QoL= quality of life for patients with RA. Animal studies, case reports, non-English articles, qual-

Results: Out of the 1,527 records, 23 studies were included after screening (Table 1). There was considerable heterogeneity, both in applied interventions and outcome measurements. All MBTs showed limited beneficial effects on psy-

Conclusion: This systematic literature review found that MBTs have added value in RA management, especially for patients with depressive symptoms. These non-pharmacological approaches as an addition to treatment can be a way to diminish polypharmacy in specific RA patient populations. Disclosure of Interests: None declared DOI: 10.1136/annrheumdis-2022-eular.2113

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hedsforskning. [Qualitative analysis methods in health research]. Århus: Klim.


POS0048-HPR GOALS AND ACTION PLANS ACROSS TIME AND PLACE IN PERSON-CENTRED REHABILITATION - A QUALITATIVE STUDY EXPLORING THE IMPORTANCE OF CONTEXT

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Background: Person-centeredness is increasingly addressed in relation to rehabilitation interventions (1). Collaborative goal setting and action plans are key elements in person-centered rehabilitation (2). There is a lack of knowledge about how person-centered goals and action plans developed during inpatient rehabilitation are experienced by the patients after discharge. Objectives: This aim of the study was to explore how rheumatic patients experi-

Methods: Individual narrative interviews were conducted with eight patients with a rheumatic disease three to five weeks after discharge from a two-week inpa-

Results: The analysis derived one core theme: 'The relevance of goals and action plans is contextual' and three subthemes: 'The hospitalisation - a pro-


POS0049-HPR HEALTHCARE PROFESSIONALS’ EXPERIENCES OF LIFESTYLE MANAGEMENT IN PATIENTS WITH EARLY RHEUMATOID ARTHRITIS – A QUALITATIVE STUDY

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Background: Rheumatoid Arthritis (RA) is a chronic inflammatory systemic disease that mainly affects joints and with symptoms such as stiffness, pain, and increased fatigue. RA also appears to be an independent risk factor for accelerated atherosclerosis with an increased risk of cardiovascular diseases,
why national and international guidelines recommend proper pharmacological treatment together with a healthy lifestyle (1). Supporting people with early RA to achieve and maintain a healthy lifestyle is therefore of great importance. However, few studies have explored healthcare professionals’ views of working with lifestyle management. A healthy lifestyle does not only have the potential to lower cardiovascular risk but may also improve a person’s quality of life.

**Objectives:** The aim of this study was to explore healthcare professionals’ experiences of lifestyle management in patients with early RA.

**Methods:** In this explorative qualitative study, individual interviews were conducted with 20 healthcare professionals who had a mean of 16 years of professional experience in the field of working with patients with RA. An interview guide with open-ended questions was used e.g.: “How do you work with lifestyle changes in patients with RA?” and “What theories do you use to support lifestyle changes?” Qualitative content analysis was used, where three categories emerged: “The importance of a well-functioning organization,” “The importance of teamwork” and “The importance of person-centered care” and nine subcategories, representing the overall content of the interviews (Table 1).

**Results:** Healthcare professionals’ experiences of lifestyle management in patients with early RA included the importance of a well-functioning organization with supportive leadership, priority of lifestyle management, and competence development in lifestyle management. The importance of teamwork was emphasized including interdisciplinary team, professional expertise in lifestyle habits, and structured approach to lifestyle management. The healthcare professionals also highlighted the importance of person-centered care with individually tailored lifestyle management, shared decision-making, and patient engagement.

**Conclusion:** Healthcare professionals’ experiences of lifestyle management in patients with early RA reveal that commitment from both the management, the team, and the patient is important.

**References:**


**Disclosure of Interests:** None declared

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**Immunity in Rheumatic Diseases**

**POS0050**

**B CELL CHARACTERISTICS AT BASELINE PREDICT HUMORAL RESPONSE UPON SARS-COV-2 VACCINATION AMONG PATIENTS TREATED WITH RITUXIMAB**

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**Background:** Vaccination is considered efficient in controlling infections incl. SARS-CoV-2. Prior studies showed that patients receiving rituximab (RTX) with low B cell counts are at increased infectious risk (1) and risk of inadequate vaccination responses (2). Thus, the ability to further define and predict vaccination responses in these patients may guide their optimal protection.

**Objectives:** To assess predictive biomarkers of vaccination responses upon SARS-CoV-2 vaccination in RTX treated patients.