Conclusion:
1. During the COVID-19 pandemic in the group of outpatient rheumatology patients, 75% had a deficiency or suboptimal level of vitamin D.
2. Treatment with cholecalciferol in a dose of 20,000 IU twice a week orally for 2 months is effective treatment of vitamin D deficiency.
3. Too low percentage of patients diagnosed with vitamin D deficiency come for visits and check-ups.

REFERENCES:

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Disclosure of Interests: None Declared.
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POS0782-PARE MANAGING PSORIATIC ARTHRITIS: PATIENTS’ VIEWS AND ATTITUDES TO USING AN ONLINE WELLNESS PROGRAM

Keywords: Psoriatic arthritis
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Background: Patients diagnosed with psoriatic arthritis (PsA) confront decisions about how to optimize treatment of their chronic disease including patient physician interaction and modifying their own lifestyle choices that may impact their disease outcomes.

Objectives: To examine PsA patients’ views and attitudes of managing their disease using a guided online wellness program to address lifestyle behaviors such as nutrition, exercise, sleep, and stress management.

Methods: A cross-sectional online survey was developed with patient and clinician input and administered to US adults with a self-reported diagnosis of PsA in the ArthritisPower registry. Survey questions assessed participant (pt) experience with, and motivations to participate in, an online wellness program through various mechanisms to address nutrition, exercise, sleep and stress management. E-coaching is a validated tool using email coaching as an individualized tailored communication on wellness strategies to improve lifestyle behaviors.

Results: 312 pts completed the survey, of whom 83.0% were female, 91.0% white, mean age 57.1 (SD 11.4) years, and 10.0 (SD 10.2) years since PsA diagnosis. Most pts (93.6%) were diagnosed by a rheumatologist for their PsA. Over 90% of pts reported being 'somewhat likely' or 'very likely' to interact with an online coach at least twice a week or spend one to two hours a week learning about nutrition, exercise, sleep and stress management (90.4% and 92.6%, respectively) if they had the opportunity to take part in a wellness program. However, only 8.7% of pts are currently participating in a structured wellness program. Feeling better was the top motivator for participating in a wellness program (179, 57.4%) followed by the want to improve PsA symptoms (145, 46.5%).

Conclusion: The overwhelming majority of patients report willingness to be involved in a wellness program. Feeling better is a top motivator, while cost and lack of energy to make changes were top barriers to adopting wellness behaviors.

Table 1. Participation Preferences for a Wellness Program, N=312

<table>
<thead>
<tr>
<th>Participation</th>
<th>n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interacting with an online coach (trained professional)</td>
<td>106 (34.0)</td>
</tr>
<tr>
<td>Attending an online course</td>
<td>51 (16.4)</td>
</tr>
<tr>
<td>Reading written material</td>
<td>50 (16.0)</td>
</tr>
<tr>
<td>Watching videos</td>
<td>46 (14.7)</td>
</tr>
<tr>
<td>In-person consultation and coaching from a trained professional</td>
<td>45 (14.4)</td>
</tr>
<tr>
<td>Attending an in-person class</td>
<td>14 (4.5)</td>
</tr>
</tbody>
</table>

Figure 1.

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POS0783-PARE WITHDRAWN