

ROAR 2016

Reaching Out with Arthritis Research

PUBLIC FORUM

Balancing Life Activities in the Presence of Arthritis

Catherine Backman, PhD, FCAOT
Professor, UBC Occupational Science & Occupational Therapy
Senior Scientist, Arthritis Research Canada

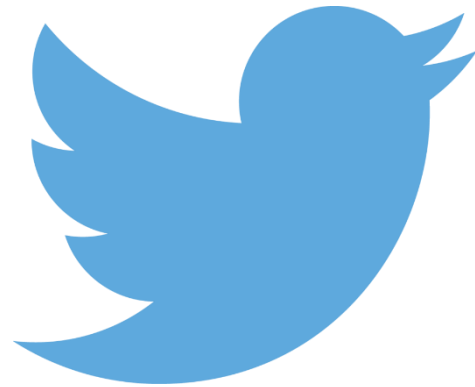


a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



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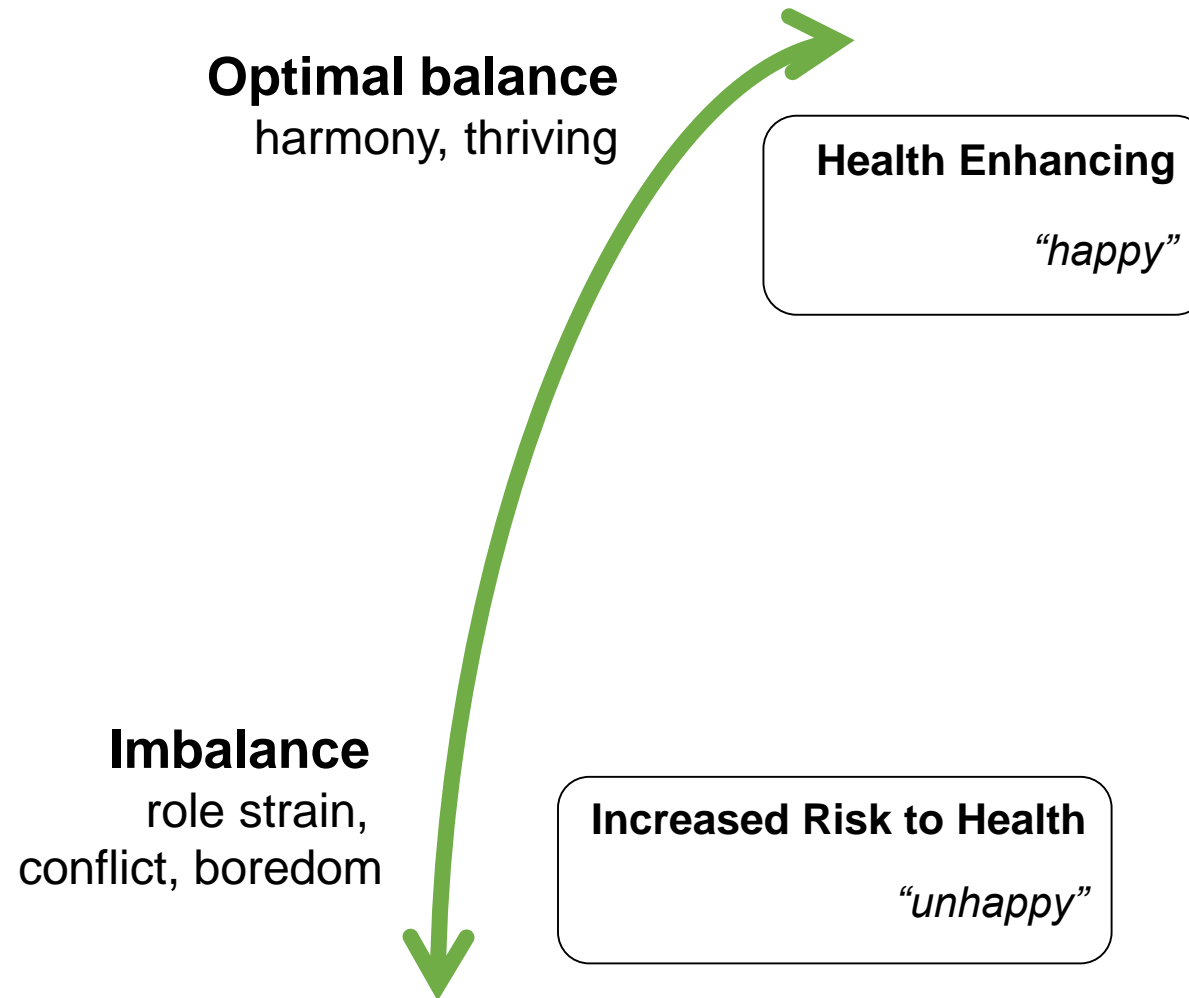
Moderation in All Things

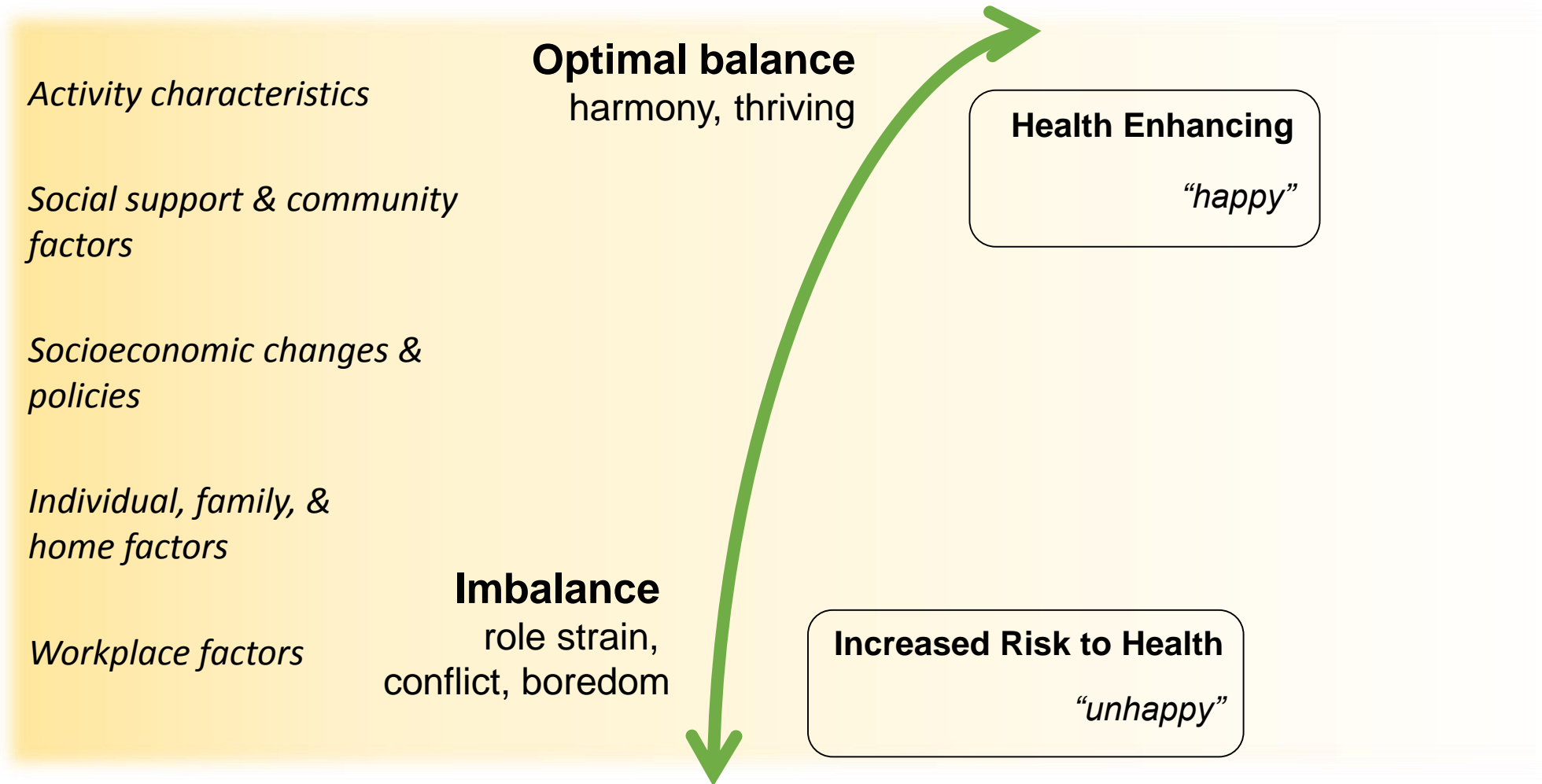
- We all have things we *need* and *want* to do
- Living well with arthritis comes with many recommendations for medicine, nutrition, exercise, and more
- Who decides what moderation looks like?
- Do we really mean *all* things?

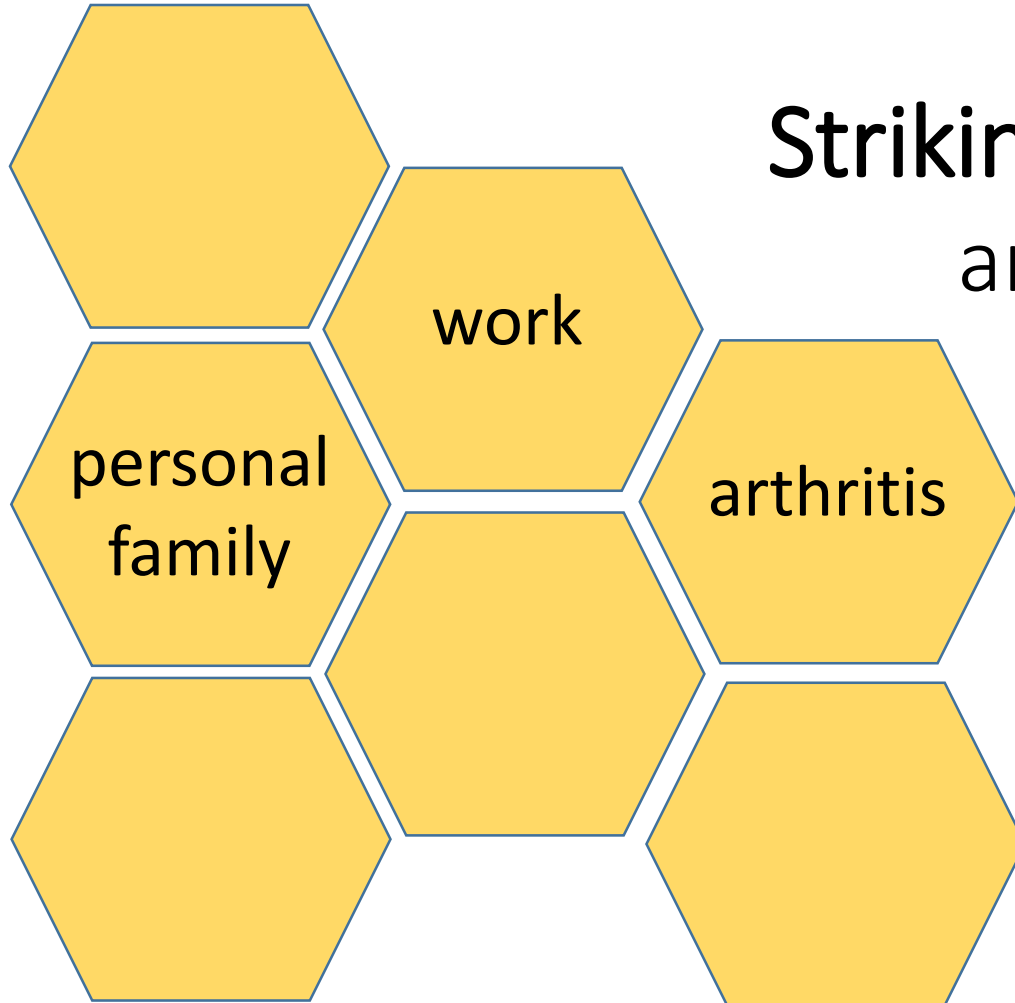


Balancing Life Activities - Occupational Balance

- you decide what's right for you, and it will change over your lifetime
- optimal balance is the individual's subjective experience of a pattern of life activities comprised of the “right amount” of activities *and* the “right variation” among activities
- therefore, consider the kinds of activities (work, play, rest, restorative, ...) and their characteristics (social, challenging, active, ...) as well as time spent doing different activities







Striking a Balance and “spillover” among activities



Image Courtesy of <http://DailyClipArt.net>

Gignac, Lacaille, Beaton, Backman, Cao, Badley. (2014). Striking a balance: Work-health-personal life conflict in women and men with arthritis and its association with work outcomes. *J Occup Rehab*, 24, 573-584

Gignac, Backman, Kaptein, et al. (2012). Tension at the borders: Perceptions of role overload, conflict, strain and facilitation in work, family and health roles among employed individuals with arthritis. *Rheumatology*, 51, 324-332

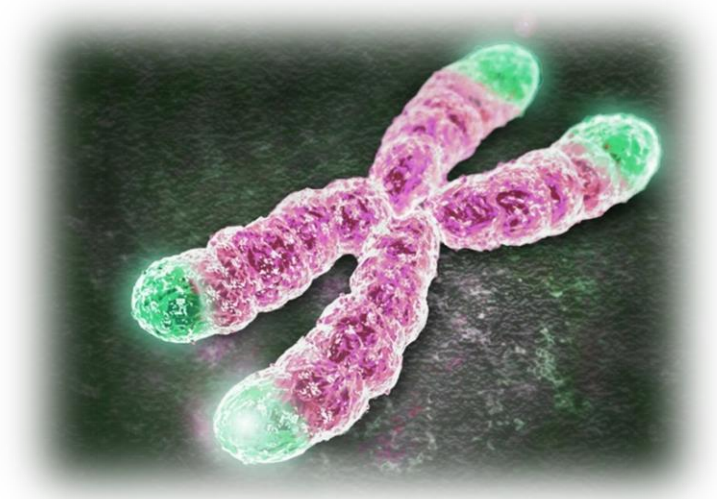
On the Horizon



CreativeCommons: raceboy24.blogspot.ca/2011/06/colorful-hd-scenery-1.html

The Future of Studies on Healthy Activities

- Telomeres protect the tips of chromosomes
- As cells divide (as we age) telomeres get shorter
- Shorter telomeres associated with some diseases, like rheumatoid arthritis
- Telomere length might tell us something about health and aging
- Studies suggest that mindfulness meditation, physical activity, and diet may preserve telomere length



*CreativeCommonsImage
Futurism.com Turn back clock*

Activities that Preserve Telomeres

- Mindfulness meditation
 - 5 studies using Qi Gong, Mindful Meditation, Meditation Retreat – both brief and extended interventions – consistently show increase in telomerase
- Physical activity
 - Mixed findings across 23 studies using diverse methods
 - Trend toward regular, planned, physical activity associated with longer telomeres
- Likely both types of activity reduce stress to preserve health

Hypothesis

- Engaging in social and creative activities enhances health and well-being among people with and without inflammatory arthritis
- Measure:
 - social and creative characteristics of people's activities and how much they engage in them
 - self-reported health and well-being
 - telomere length, as an indicator of health at the cellular level

What Can I Do Today?

- No single “right” pattern of activities
- Create a routine with a variety of activities that feels satisfying to you
- Balance obligatory activities with activities that have different characteristics – so you have some activities that give you joy, challenge you to learn, restore your spirit, make you strong, allow you to rest and recover...

♥ Welcome to Kindergarten

- Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.
- Take a nap every afternoon.
- When you go out in the world, watch out for traffic, hold hands and stick together.

*Quoted from: Fulghum, R. (1989).
All I really need to know I learned in kindergarten*

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Thank You!

catherine.backman@ubc.ca

@cath_back

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