

ROAR 2016

Reaching Out with Arthritis Research

PUBLIC FORUM

Physical Activity Monitoring Tools: Improving Arthritis Care or just a Novelty?

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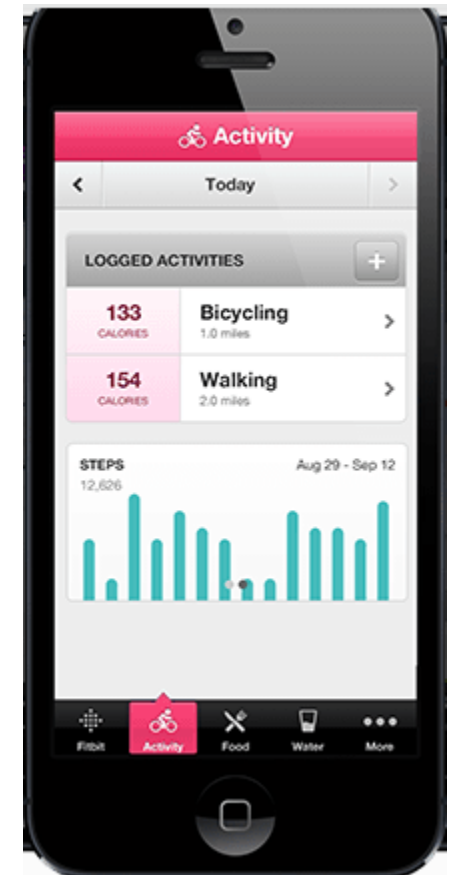


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Background

Over 57% of people with arthritis were physically inactive during their leisure time, compared to 46% of those without arthritis.

[2011 Canadian Community Health Survey]



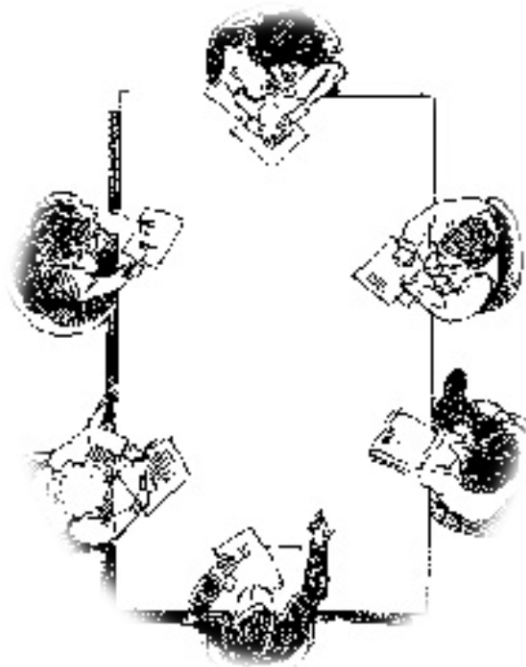
Our Objective

To gain an in-depth understanding of Canadian arthritis patients' and healthcare providers' views and experiences of using physical activity monitoring tools to support physical activity participation

Method

Eligible patients:

- Have arthritis
- Had any level of experience with physical activity monitoring tools
- Were English speaking
- Lived in BC, Alberta, or Ontario



Eligible healthcare providers:

- Physiotherapists or occupational therapists with at least 40% of their caseload dedicated to arthritis care
- Had any level of experience with physical activity monitoring tools
- Were English speaking
- Practiced in BC, Alberta, or Ontario

Method

- 3 trainees independently read all transcripts
- Annotated a selection of transcripts to develop initial codes
- Applied initial codes to remaining transcripts
- Looking for both common and a range of views/experiences
- Discussing emerging themes



Results: 9 Patient Focus Groups

No. of Patients (n=40)	
Female	31 (78%)
Age Range (median)	23-78 years (59 years)
Experience using physical activity monitoring tools	29
Self-reported diagnosis of:	
- Osteoarthritis (OA)	17 (43%)
- Inflammatory Arthritis (IA)	13 (33%)
- OA & IA	7 (18%)

Results: 5 Focus Groups & 3 Interviews with Healthcare Providers

No. of Healthcare Providers (n=25)	
Female	23 (92%)
Age Range (median)	28-61 years (47 years)
Experience using physical activity monitoring tools	33% had used before
Location	94% urban and suburban
Place of Work	67% outpatient clinics
Nature of Work	24 (96%) Physiotherapists
Range of years in practice (median)	5-38 years (22 years)

Overview of Emerging Themes

Doubts around sustained use of tools in the context of living with arthritis

Having a measure of physical activity is helpful to patients and providers

Tools influence changing roles in arthritis care

Doubts around Sustained Use: A Patient's Perspective

“It’s **a vanity for a few months**... You know I used to have an MP3 player... For the first couple of weeks it was fancy and then it is sitting there in my desk, I don’t use it at all”.

P3FGA1

“when I’m fit, it’s great. When I have an attack... one day I think I got out of bed maybe twice... **seeing how many steps I didn’t take wouldn’t really help my morale**”.

P2FGA2

Doubts around Sustained Use: A Healthcare Provider's Perspective

“It’s trendy, it’s something that’s new, and right now we’re seeing this, this potential as tipping point where people are early adopters and then we’re going to see a lot more people starting to use it but what will be, **what will be the long term sustainability of these types of programs?**”

P4FGA

“Interviewer: What is it about the clip that makes it harder for the person with arthritis?”

Participant: **Hand function, it’s hard to push the clip**, and it doesn’t open enough...

Interviewer: Are there other conditions that, kind of, prevent you from introducing these as well?

Participant: Macular degeneration. A lot of people we see can't see”

P1FGB3

Using a Measure of Physical Activity: A Patient's Perspective

“Map My Walk I like because... I look and see well it's that fourth kilometer that I slow down the most so **it motivates me to try and do a little bit more**”.

P3FGO3

Participant 5: “**I don't think it's going to prod me to do something that I was not doing earlier**... it's all about self-motivation right...

Participant 3: ... if it's not there then these devices are not useful yeah if you don't have self-motivation”.

FGB2

Using a Measure of Physical Activity: A Healthcare Provider's Perspective

“I think it offers a really nice place to start a conversation because you can always ask them how they feel about the information that they're being given. ... How are they interpreting it? How do they feel about their health?”

P1FGA

“[Physical activity monitoring tools] could clear up a lot of confusion I would think, perception versus reality, yeah... We can start having the conversation of okay, what's your activity today and where do you want to go, how important is that to you. **But without having that data, that baseline, we can't have that conversation.**”

P3FGA

Changing Roles: A Patient's Perspective

Participant 2: ...I would have no problem giving [my physio] that data, in fact I'd be more than happy to because **it would be one less thing for me to remember to do.**

Participant 4: ...my doctor's so busy right, I don't think realistically they'd look at it right, in a meaningful way. **And it's, if I wasn't doing it well that's for me to motivate myself right? They're not going to take that on as their job.**

[FGB2]

"I'll certainly share it with my doctor... the only thing is... if I don't want my doctor to know otherwise he will yell at me... but you know I think it's for my benefit I share that information... so that he can tell me what I'm doing wrong".

[P3FGA1]

Changing Roles: A Healthcare Provider's Perspective

“ I think it changes our role too as a health care practitioner and how we interact with our patients and **our role with them becomes more to help guide them through this as a coach**”

P1FGA1

“I think it's never going to replace that connection that you have, that rapport that you have with the therapist, and the way that we speak with patients and motivate them and coach them, I don't know that an app can coach necessarily as well sometimes as that health professional... **you can't replace therapy with an app**”

P1FGB1

Implications

- An early step in understanding benefits and barriers in using these tools in arthritis care
 - A “nice reinforcement” to “do a little bit more”
 - Facilitator for patient-health provider communication
 - Identifying barriers to sustained use
- Understand potential for tools to support patient-health provider partnerships in arthritis care
 - Need to further explore how tools help or hinder patient-health provider interactions/relationships

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Thank you!

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