

ESTABLISHMENT OF A PATIENT ASSOCIATION FOR RHEUMATOLOGY PATIENTS WITH NEW KNOWLEDGE

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BACKGROUND/PROBLEM/OBJECTIVE

Taiwan's aging population presents challenges for rheumatology patients, including muscle atrophy, obesity, and osteoporosis, affecting their quality of life. This study aims to establish a patient association model to enhance patient's awareness and support, offering health education and promoting mutual support among rheumatology patients.



METHODS/INTERVENTION

This study focused on 149 participants aged 40-70 with rheumatoid arthritis, regularly using immunomodulatory drugs. Interdisciplinary collaboration among rheumatologists, family physicians, nutritionists, case managers, and yoga instructors developed six main themes: prevention and treatment of rheumatic disease complications, rheumatic diseases and osteoporosis, advances in medications, home exercises for frozen shoulder, understanding sarcopenia, and Mediterranean diet benefits. Patient association meetings facilitated sharing experiences, building collaborative relationships, and exchanging new knowledge.



RESULTS (OF EVALUATION)

Patient associations provide support and resources, information and health education explanations from disease managers, improve participants' quality of life and provide psychological support. Across three meetings, participants, with a 90% attendance rate, engaged in disease education, exercises, and accepted dietary advice. This increased disease awareness prompted patients to incorporate activities like jogging and dietary adjustments into their daily routines.



CONCLUSIONS/LESSONS LEARNED

From the above research, it is found that establishing a new rheumatism patients association can provide support and resources, information and explanations to rheumatism patients, enabling patients to better manage their conditions and improve their quality of life, and have a good impact on the prevention of related diseases. Understand the concept and be willing to improve their diet and increase their exercise frequency.

RELEVANCE TO HPH

Through interdisciplinary collaboration, we enhance patient understanding, provide education, and foster mutual support, empowering them with improved health knowledge and self-management skills. This promotes positive health behaviors, enhancing overall well-being. Advancing standards in health promotion hospitals aligns with our collective goals of health education and disease prevention.



KEYWORDS

Sarcopenia, Obesity, Osteoporosis, Geriatric Exercise

