

Clinical Trial ID:

NCT00000414

Title:

Patient Education in Rheumatoid Arthritis and Osteoarthritis

Summary:

This project will evaluate the effectiveness and general usefulness of two arthritis

patient education programs. The first, the Arthritis Self-Management Program, is a

6-week, community-based program taught in small groups by peer leaders.

The second, the

Self-Managed Arthritis Relief Therapy (SMART) Program, is a computer-driven program

delivered through the mail. Participants in this project are people with rheumatoid

arthritis or osteoarthritis who are taking part in the larger long-term studies being

conducted by ARAMIS (the Arthritis, Rheumatism and Aging Medical Information System).

Detailed Description:

In a changing health care environment, the role of patients in managing their arthritis

is increasingly important. Patient education is the primary means for teaching patients

how to fulfill this role successfully. The goal of self-management health

education is

not merely to provide information but also to change patient attitudes and behavior so

that patient outcomes are improved. These programs represent a new treatment for

arthritis.

This project will evaluate the relative effect on health status and cost-effectiveness of

two arthritis patient education programs that use different delivery systems.

The

Arthritis Self-Management Program (ASMP) uses a small group, multi-class format. It is

taught by trained lay leaders and has been evaluated for effectiveness and widely

disseminated. The Self-Managed Arthritis Relief Therapy (SMART) Program is a

computer-driven, individualized, mail-delivered intervention. Results of a pilot study

suggest that it is effective in improving health status and reducing health care use.

The project will also evaluate how generalizable the SMART program is and its

effectiveness for patients with different diagnoses (OA and RA). It will also determine

the attributes of patients who choose and do not choose to participate in patient education programs as well as the attributes of those who complete and do not complete the ASMP and SMART programs.

Through use of the ARAMIS data collection system, the project allows us to describe the differences between people who volunteer to receive patient education and those who refuse patient education. This project is directed at improving patient outcomes in both RA and OA through wide availability of a low-cost, mail-delivered arthritis self-management program that is the next generation in arthritis health education.

Eligibility Criteria:

Inclusion Criteria:

- Physician diagnosis of OA or RA**
- Participation in the ARAMIS longitudinal study**

Exclusion Criteria:

- Age under 18**

Gender:

All

Minimum Age:

18 Years

Maximum Age:

N/A

Phase:

N/A

Conditions:

- Rheumatoid Arthritis**
- Osteoarthritis**

Interventions:

- Arthritis Self-Management Program**
- SMART Program**

Locations:

- Stanford University, Palo Alto, California**
- Wichita Arthritis Center, Wichita, Kansas**
- University of Pittsburgh, Pittsburgh, Pennsylvania**
- Vanderbilt University, Nashville, Tennessee**
- University of Saskatoon, Edmonton, Alberta**