

Arthritis Council

Arthritis Council Meeting Summary

Tuesday, May 5, 2020, 2:00 PM ET

Arthritis Council records can be found here: <http://www.chronicdisease.org/?page=ArthritisCouncilReco>

ATTENDEES:

Kansas – Lainey Faulkner; Jana Farmer	Oregon – Tara Weston
Massachusetts – Meaghan Avery; Jennifer Raymond; Caitlyn Sweeney	Utah – Celsa Bowman
Minnesota – Amy Michael	Virginia – Mona Burrell; Melicent Miller
Montana – Melissa Dale	Washington – Amy Ellings; Chris Zipperer; Jessica Marcinkevage
New Hampshire – Scot Foster	Other states/participants - Heather Murphy, Lisa Erck, Natasha McCoy, NACDD; Serena Weisner, OAAA
New York – Nettie Romanzo-Smith; Katie Potestio	
North Carolina – Ellen Garrison; Nicolle Miller	

I. Call to Order

- Welcome – Chair, Scot Foster (NH). Scot welcomed everyone to the webinar and officially called the meeting to order, providing an outline of the agenda for today.

II. OA Action Alliance WWE Portal Pilot Project – Discussion and Q&A

- Amy Ellings, MPH, Washington State Department of Health
 - Amy shared that WA begin the process of implementing the portal by obtaining IRB approval internally from the SHD. She worked with the OAAA to create a separate WWE portal page for SHD employees and promoted through daily emails and monthly wellness flyers. Followed by creating an internal website page and wellness portal for participants.
 - Planned for registration and promotion (May 1 – August 2019) but ended up extending through October. The OAAA coordinated all the participation participants could start at any time during the implementation period.
 - OAAA role was to send addresses to WA weekly so books could be distributed (this was done via a locked Excel doc). Lesson learned – Amy forgot to let Serna know that she had launched so there was a delay in getting books out. Used internal mail service to get books out to participants. Post program incentive included free fit-bits which were a big hit.
 - Results - had 85 participants with a minimal amount of promotion. Tracked all participants through a spreadsheet and counted participants when they took the final survey.
 - Lessons learned – make sure to market WWE to individuals that aren't active as this is an entry level program.
 - Connect with internet security folks to let them know the portal is valid; after about two weeks the portal stopped working for WA so they had to work through the issue and get the site back up.
 - Next steps - looking into having participants use their health savings accounts to purchase book or purchase the book on their own.

- Now implementing a version of WWE called Washington Walks; participants are ordering their own book. Hope to launch another WWE in the fall.
- Serena Weisner, MS, OAAA shared that the portal adjusted the automated emails and the timeline for sending during this pilot and now participants get an email immediately after signing up, followed by the first weekly email two weeks later to allow time for books to be shipped. This timeframe can be adjusted as needed to meet the needs of the portal user.
- Ellen Garrison, North Carolina Center for Health Wellness at UNC-Asheville
 - Ellen shared that UNC-Asheville worked with the OAAA and the NC Office of Human Resources to implement a WWE pilot project.
 - WWE SD was implemented along with the state Miles for Wellness program with 213 immediate registrants once the portal opened. The pilot offered health and resource coaching (two 30 minute sessions for participants; allowed 50 people to sign up for resource coaching).
 - The OAAA portal allowed for weekly participant emails which was a benefit and something UNC-Asheville couldn't have done on their own.
 - WWE books were mailed through the university post office and then out to participants so there were some delays experienced.
 - The pilot was repeated in the Spring with 280 participants (another 50 allowed to engage in resource coaching) and aligned with the Miles for Wellness program. (Ellen shared the following pilot summary via Google docs - [WWE OSHR Fall 2019 summary report.docx](#)).
 - Take away - WWE SD could be a way to move folks into other programs; that is, start with an entry into WWE SD and then progress to another self-management intervention.

III. State Sharing and Discussion

- Implementation of AAEBIs during COVID-19 pandemic – WWE in VA Arthritis Program
 - Melicent Miller, MSPH and Mona Burwell, MS shared that they are working on a homegrown system for WWE (started with Survey Gizmo and moving to REDCap). Their program is working with SHD employees as well as employees in other state agencies. Mona discussed piloting and scaling the program.
 - Mona shared information on the WWE Self-Guided program with worksites where the VA Arthritis Program partnered with local health districts and other state agencies. A unique feature is the use of an online platform (e.g. Google hangout) where the participants come together and “hangout”. Participation in the “hangout” averages around 50 people each week (about 86 sign up).
 - VA is doing a second launch in May (May 18). An interest survey was launched on May 1 and as of today (5th) they have over 100 people interested in participating. VA Arthritis Program will continue to incorporate a “hangout” into weekly WWE sessions.
 - VA Arthritis Program sends their own participant surveys out; they allow four weeks for surveys to be returned; the individual that sends WWE books also sends the surveys.
- Implementation of AAEBIs during COVID-19 pandemic – CDSMP via Zoom in MA Arthritis Program
 - Jennifer Raymond, JD, MBA – Elder Services of Merrimack Valley, MA Arthritis Program, provided an update on the pilot of CDSMP using the Zoom platform. MA had three previously scheduled CDSMP workshops that had not started so were able to recruit directly from those registrants for this virtual CDSMP.
 - Course is going well. All participants have participated in all sessions (except one person missed one session). Another session will start May 20 with recruitment beginning now.

- There have been a few modifications (chart usage, guidelines, etc.) that were needed due to using a virtual platform. Breakout rooms in Zoom are being used for some activities with a positive response.
- There does seem to be some additional prework for leaders when using the Zoom platform; and some leaders are emerging as champions when using the virtual platform, while others excel with the face to face implementation.
- Information is being shared with SRMC on the implementation pilot of CDSMP using the Zoom platform.

IV. Arthritis Council Elections – see presentation for additional information

- Chair and At-Large Member [nominations](#) (OPEN May 5-20); click on the link to cast your nominations
- Elections will be June 2-17

V. Announcements

- Walk With Ease work group call May 21, 2020, 11 AM ET. Contact hmurphy@chronicdisease.org for more information.
- June 2nd Arthritis Council webinar will feature a guest presenter from **Exercise is Medicine**[®] (Dr. Liz Joy) discussing strategies for increasing provider physical activity counseling and referral, followed by facilitated discussion and sharing session
- Arthritis Foundation targeted resources include –
[Care & Connect](https://www.arthritis.org/care-connect) resource center- <https://www.arthritis.org/care-connect>
[Live Yes! with Arthritis](https://www.arthritis.org/liveyes/podcast) podcasts- <https://www.arthritis.org/liveyes/podcast>
- **Hold the Date** – TENTATIVE 2021 Arthritis Grantee Meeting in Decatur, GA for 2 DAYS: March 2-4, 2021 OR February 23-25, 2021

VI. Adjourn

The next Arthritis Council call will be held on Tuesday, June 2, 2020 at 2:00 PM ET.