

SELF-DIRECTED WALK WITH EASE PORTAL **AND** PRIMARY CARE TOOLKIT



Advancing Osteoarthritis Awareness,
Resources and Education

CDC Arthritis Program TA/Learning Community Webinar Series
October 23, 2019

Presentation Outline

- Self-Directed Walk With Ease Portal
 - Background & intro
 - Portal 1.0
 - Success stories – OAAA & pilot projects
 - Portal 1.0 availability
 - Plans for the future Portal 2.0

- Osteoarthritis Prevention and Management in Primary Care Toolkit

Background & Intro

- Experience with WWE mini-grantees showed demand for Self-Directed WWE (SD WWE).
- OAAA wanted to begin offering SD WWE and leverage our national reach.
- **Goals:**
 - ▣ Increase dissemination of SD WWE
 - ▣ Collect responses to baseline survey and post-program survey
 - ▣ Connect with participants via email

Portal 1.0

- Built using online survey platform Typeform
- Provides opportunity to complete baseline survey and receive the WWE guidebook free OR purchase the guidebook at a discounted fee.
- Provide explanation of data management & use
- Data captured:
 - ▣ Baseline survey
 - ▣ Mailing address (for sending books)
 - ▣ Email address for engagement emails and post-program survey

How to access it

Purchased a URL to house OAAA's portal

www.walkwitharthrititis.org

URL → seamlessly redirected to a page on OAAA website.



Walk With Arthritis

Do you have joint pain or stiffness? Walk With Ease can help!

The Arthritis Foundation's **Self-Directed Walk With Ease** (WWE) program is proven to reduce the pain of arthritis. **Walk With Ease** can help you safely make physical activity part of your everyday life. Even if you haven't been formally diagnosed with arthritis, **Walk With Ease** is a great way to learn how to incorporate walking into your life in a safe, comfortable, and effective way.

Walk With Ease is a 6-week program that is offered in two different formats -- self-directed or instructor-led classroom format -- so you can choose the version that best fits your preferences and lifestyle. Both versions of the program use a guidebook. This guidebook will help assess your needs, customize a program that fits YOU, and helps you keep track of your progress. The book also helps you keep track of the useful information and tips you're learning along the way.

Walk With Ease can inspire you to start a personalized, safe, successful, and enjoyable walking program. One that helps you:

- Develop a walking plan that will meet your needs
- Stay motivated
- Manage your pain
- Improve overall health
- Learn to exercise safely
- Reach your health goals



Through a partnership with the **Arthritis Foundation**, the OAAA offers a way for you to participate in the **Self-Directed Walk With Ease** program at your own pace.

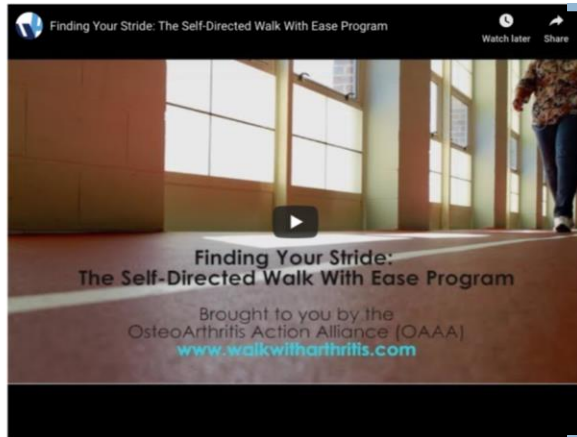
Click on the button below to visit our **Self-Directed Walk With Ease Portal**. Using this portal, you will be able to complete a brief survey and receive a **FREE Walk With Ease guidebook** to begin your journey today!

[GET YOUR FREE BOOK](#)

If you do not want to complete the brief survey (through the link above) for a free Walk With Ease Guidebook, you can purchase the book from us for a discounted price of only \$8.

Please note, that the following button will lead you to our Paypal page to make the purchase. Even if you don't have a Paypal account, you can use a credit card to make the secure purchase.

[BUY BOOK NOW](#)



Want to find more tools to support your Walk With Ease Journey?

Check out the Walk With Ease **Mobile App** and the **Online Tool**

Do you prefer to walk with a group?

Use the **Arthritis Foundation Resource Finder** to find a class near you!

Are you a community organization leader?

If you are interested in learning more about offering Walk With Ease in a community setting, please visit our **Resources for Community Organizations** page and the **Arthritis Foundation's Guide to Walk With Ease**



Information about WWE & SD WWE

Link to portal

Link to purchase discounted books via Paypal

Class zero video

Links to other tools to support success

Success of Portal 1.0

- OAAA
 - ▣ Launched at the end of January
 - ▣ 1,000+ registrants by March
 - ▣ Social media campaign
 - ▣ All are enrolled in an automated email engagement campaign tailored to their start/end time.
 - Weekly messages to keep them engaged
 - Embedded survey links to capture self-reported walking days and minutes.

Pilot Projects

- Many partners expressed interest in using portal!
- Each partner has a unique URL
 - ▣ data kept separate and reported to partner in the aggregate
 - ▣ Shipping addresses shared weekly in password protected excel files. NOT linked to PHI.
- Partners
 - ▣ Washington State Department of Health
 - ▣ North Carolina Center for Health and Wellness and Office of State Human Resources
 - ▣ Minnesota Department of Health
 - ▣ University of Missouri Cooperative Extension

What about the books?!?!?

- OAAA
 - ▣ Purchase discounted books from AF and manage shipping and handling of books for those who register through the www.walkwitharthritis.org page.

- Pilot projects
 - ▣ Each manages book purchasing and distribution on their own. Shipping and handling on their own or working with AF.

Portal 1.0 Availability

- Completed pilot phase and are moving into maintenance phase for Portal 1.0
 - ▣ Still accepting new partners
 - ▣ Nominal fee for use based on resource analysis during pilot phase.

Portal 2.0 – Late spring 2020

- Enhanced portal will include
 - ▣ More robust data management and reporting
 - ▣ Ability to tailor metrics for each partner
 - ▣ Administrator logins for each partner
 - ▣ Participant login
 - Track progress
 - Set goals
 - View messages
 - Complete post-program survey
 - Receive Certificate of Completion

Next steps & more info

- Welcome the opportunity to talk about partnering on Portal 1.0 or 2.0
- Contact info:
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Osteoarthritis Prevention and Management in Primary Care Toolkit

www.OACareTools.org

- Designed for primary care providers: physicians, nurse practitioners, physician assistants, PTs/OTs, sports medicine professionals, athletic trainers, fitness professionals
- Includes:
 - ▣ information for primary care providers to expand their knowledge of OA
 - ▣ communication strategies to help providers counsel patients about self-management practices
 - ▣ patient-facing handouts and resources

9 Modules + Media Kit



OA Prevalence and Burden



OA Prevention



Engaging Patients in OA Management Strategies



Community and Patient Resources



Clinical Management of OA



Case Studies



Comorbidities and Co-Occurring Symptoms



OA Pathogenesis and Risk Factors



OA Signs and Symptoms



OVER 32 MILLION AMERICANS HAVE OSTEOARTHRITIS

LEARN HOW TO TALK TO PATIENTS ABOUT OSTEOARTHRITIS MANAGEMENT

www.oacaretools.org

TOOLKIT FOR PHYSICIANS

TAKE A PROACTIVE ROLE IN THE CARE OF YOUR PATIENTS' OSTEOARTHRITIS



Free Primary Care Provider OA Care Toolkit
www.oacaretools.org

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