Strength Training for People with Rheumatoid Arthritis: Barriers, Facilitators, and Tailoring Considerations

Jasmin K Ma,1,2 Lamiah Adamjee,2 Jon A Collins,1 Eileen Davidson,1 Kelly English,1 Alison M Hoens,1 Karen Tsui,1 Shanon McQuitty,1 Louella Sequeira,1 Linda C Li,1,2

1 Arthritis Research Canada, 2 University of British Columbia

Background

• As little as 1-14% of people with rheumatoid arthritis are participating in strength training (McGraw et al., 2014).

Objective

To examine patient-identified barriers, facilitators, and tailoring considerations for designing interventions to improve strength training participation among people with rheumatoid arthritis.

Methods

• Semi-structured interviews: Interviews were co-developed with nine patient partners. Questions were iteratively modified to reflect new knowledge gleaned from interviews that were coded at mid-way points in the data collection.
• Analysis: Inductive thematic coding was used. Peer checking amongst researchers and patient partners was conducted to ensure credibility. We continued the interviews until content saturation was reached in the analysis.
• Themes were mapped onto the COM-B model which proposes that capability, opportunity, and motivation are the three factors necessary for enacting a behaviour, such as strength training (Michie et al., 2011).

Results

13 participants

• Age: Range=25-70, Mean=47+/-15
• Gender: 3 males, 10 females
• Geographic location: 2 rural, 11 urban
• Strength training experience: 5=no experience, 5=some experience but less than the guidelines, 3=exceeding the guidelines (2 days/week or more)
• Perceived RA severity: 2=severe, 4=moderate, 7=well-controlled

Results (Cont’d)

Figure 1: COM-B model

Figure 2: Factors that affect strength training participation among people with rheumatoid arthritis. RA=rheumatoid arthritis, ST=strength training.

Figure 3: Probes for developing tailored exercise programs

Conclusion

• There are challenges to strength training that are unique to people with rheumatoid arthritis.
• Participants identified important probes that can be used when developing tailored strength training prescriptions.
• COM-B analysis revealed a need for greater knowledge and resources on prescription parameters and considerations that meet the needs of people with rheumatoid arthritis.

Presenter info: Jasmin Ma Jasmin.Ma@ubc.ca @JasminKMa Eileen Davidson: @ChronicEileen