

## Successful strategies to implement clinical practice guidelines on non pharmacological interventions in rheumatology

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Over the past few decades, significant progress has been made in knowledge creation to identify effective rehabilitation interventions and to develop evidence-based clinical practice guidelines (EBCPGs). However, despite the availability of a large number of high-quality EBCPGs on effective rehabilitation interventions, there is still an urgent need to implement effective interventions amongst patients and health professionals. Between 2004 and 2012, three different knowledge translation studies were conducted which implemented clinical practice guidelines on non pharmacological interventions to arthritis patients.

Two studies implemented an intensive evidence-based educational program, based on the Ottawa Panel clinical practice guidelines, called "People Getting a Grip on Arthritis" (PGrip). The first study consisted of two one-day educational workshops where participants were placed into small interactive groups to engage in 'hands-on' activities and to discuss how RA and OA self-management strategies could be implemented into their daily activities. The second study used an online *Facebook* intervention which included a "group" web-page providing case-based video clips on how to apply/use effective self-management interventions. The third study compared a 12-month supervised community-based aerobic walking program (SCAWP) supplemented with a behavioural strategy and educational pamphlets to both a SCWAP with educational pamphlets, and a non-supervised walking program control group among older individuals with osteoarthritis.

An intensive evidence-based educational program focused on training educators appears to be an effective method of delivering research evidence to patients with RA and OA. A behavioural approach supplemented to a SCAWP can enhance long-term adherence and, thereby, produce greater improvements in QoL and functional status.

### Biography

Lucie Brosseau is a rehabilitation epidemiologist. She holds a Bachelor of Physiotherapy, a Master of Clinical Science and a Doctorate in Public Health (Epidemiology). She is currently a full professor at the School of Rehabilitation Sciences at the University of Ottawa. She holds a University Research Chair in Evidence based Practice in Rehabilitation. She is also a member of the musculoskeletal group at Collaboration Cochrane. She co-developed the Ottawa Panel guidelines methodology conducted several randomized controlled trials.

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