



Oklahoma Arthritis Network (OAN)

Thursday, May 6, 2005

MINUTES

Attendees:

Debora Adams, OSDH Arthritis Prevention and Education Program, PACE Leader
Terri Beard, OK Health Care Authority
Darrell Gilbert-Legislature
Robert C. Griffin-Logan County Health Department
William Gwinn
Neil Hann- OSDH-Community Health Services Chief,
Anetta Harrell
Nick Hickman- Logan County Health Department
Shona Lennon, Arthritis Foundation, OK Chapter, OKC
Rebecca Loving
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program
Patty Porter, Mercy Hospital, Senior Care
Clarence Powers, Citizen
Wanda Powers, Citizen
Betsy Replogle, Advocacy, OAN Vice-Chair
Dave Thompson, PhD, OU College of Public Health, Dept. of BSE
Carrie Tutor
Betty Webber, Social worker, Pontotoc County Health Department (VC)

VC = Video conferencing PWA = Person with arthritis

- I. **WELCOME – Betsy Replogle, OAN Co-Chair**
New OAN Members: Clarence Powers, Wanda Powers
- II. **APRIL MINUTES APPROVED with no corrections**
- III. **Oklahoma Arthritis Network Projects/Committee Updates**
 - A. **ADVOCACY: Betsy Replogle**
Each May the OAN talks to the legislatures, and senators to proclaim May as Arthritis Month. She is hoping for a joint resolution. Anyone is welcome to join Betsy, and Marisa Wednesday, May 18 at 1:00 p.m. to help with this endeavor. If you are available please contact Betsy. Hoping to have these read on Monday, May 16 during the CDC site visit here at the OSDH.
 - B. **SURVEILLANCE – Dave Thompson, Chair introduced**
 1. **Emily Leary, OUHSC graduate student from the Department of Bio Statistics and Epidemiology discussed the statistics of the Arthritis Self Help Courses that have been taken.**

Their Mission: To evaluate the overall effectiveness of the courses using the given responses from the pre-class surveys that were administered before taking the course and post-class surveys that were administered after the participants finished the course. They analyzed data responses from 316 surveys completed by 196 participants from 14 different courses.

Highlights:
Overall, participants showed improvement between the pre and post evaluations.
They had improvement in function, self -efficacy, fatigue, and pain on a ten-point scale.
Median function score improved by one full point.
Self-Efficacy improved by 4 points
Self reported fatigue: Improved by 1 point
Self reported pain: Improved by 4.8 points

Any changes that occurred were changes that corresponded to an improvement though arthritis management and also indicate that the courses were helpful to the participants in regard to the management of arthritis. These results are similar to the findings that Stanford University got when evaluating their Self Help Courses.

Marisa thanked Emily and Dr. Thompson for all their hard work on this project, and noted how great the need is for more people to become ASHC, PACE (People With Arthritis Can Exercise), Aquatics Leaders. Many scholarships are available to train these leaders. There is also a need for organization to help promote these courses after leaders are trained, and people to promote the benefit of these classes so that the classes will have maximum participation. She stated that this is our primary goal is to get these classes going out to the public.

C. COMMUNITY EDUCATION – Shona Lennon

1. Leader Training Workshops Scheduled for PACE and Arthritis Self-Help Course

- Arthritis Self Help Course Leader Trainings
- PACE (People With Arthritis Can Exercise) Leader Trainings

IV. Highlights Topic Speaker “2003-2004 Oklahoma Minority Behavioral Risk Factor Survey (BRFS), Special Focus: Arthritis” By Carrie Tutor, MPH, epidemiologist – OSDH Chronic Disease Division

- BRFS is a survey done in all 50 states through random telephone calling where questions regarding general health questions are asked in regard to, physical activity, nutrition, prevalence of diabetes, asthma, as well some preventive behaviors.
- This survey was paid for by various grants through Chronic Disease.
- Additional questions regarding if the participant felt they were discriminated by health care providers, trust in health care system, alternative medicines, sexual assault, language and ethnicity, and osteoporosis, were also asked in this specific survey.
- Only Hispanics and non-white members were eligible to participate in the survey.
- Stated April 2003 and complete in December 2004.
- Eight interviewers, Four were Spanish speaking.
- Each survey took 20-30 minutes.

Findings:

- Match up with the BRFS from the 2003 survey.
- **20% African American have arthritis**
- **72% Native Americans who have arthritis have been to a doctor in the past year.**
- **Hispanics who have doctor diagnosis arthritis, 75% have been doctor in the past year.**
- **Asian: Not enough data.**
- **About 1/3 reported having their activities limited because of joint pain.**
- **Health Care providers recommended losing weight 20%**
- **33-40 % suggested physical activity.**
- **Arthritis Education: 10-14 % of participants reporting doctor diagnosed arthritis have attended an arthritis education class.**
- **25% do not trust their doctors all of the time.**
- **50% did not trust their insurance companies all the time.**
- **38% did not trust county health departments all of the time.**
- **Alternative Medicine: Chiropractor, Traditional Healer, and Massage Therapist were used.**

Marisa will take the data that Chronic Disease has compiled and will be sending out a mini bulletin out to the OAN partners at a later date.

V. Arthritis Foundation- Shona Lennon

Leader Training Workshops - Arthritis Self Help Course

There are Two up coming ASHC classes one in OKC and the other in Shawnee, both dates are TBA.

PACE Classes:

Fairview Fellowship Village started a class in April in Fairview, OK
Lawton will start a PACE Class May 17 at the Community Nation Elder Center
Alva, Northwestern Oklahoma State University – May 23
McAlester Regional Wellness Center May 24

VI. OSDH Arthritis Prevention and Education Program – Marisa New [See OAN Calendar of Events for statewide activities – available upon request]

VII. Announcements (Also See 2005 Calendar of Events)

May is Arthritis Month! Many activities planned.

Arthritis Foundation Oklahoma Chapter Arthritis Awareness Walks

May 7 in Ardmore

May 14, in Enid

May 21 in OKC, Norman and Stillwater.

To sign up, or for more information contact: Shona Lennon (405) 936-3366 or (800) 627-5486 to get a registration form, or on-line registration, www.arthritis.org

Arthritis Foundation Eastern Oklahoma Chapter Arthritis Awareness Walks

May 14 in Pryor.

May 23 Public Educations Program at the Hardesty Library.

May 30 Partnering with Community Care to offer an Arthritis and Exercise Educational Talk

During the last week of May there will be a class in Bartlesville “Living With Chronic Disease”. This includes arthritis, and fibromyalgia.

To sign up, or for more information contact: (800) 400-4526 or to get a registration form.

May 19 - “NW Oklahoma Doesn’t Sit Still for Arthritis” - Claire Dowers, DHS Aging Services Division

Kick-Off Event for PACE course is scheduled to take place in Alva. Will be partnership between OEDA, DHS Aging Services, OSDH, AF, OU College of Geriatric Medicine, OK AgrAbility,

Another Kick-Off Event and PACE course will be scheduled in Guymon. Bill Heaton (PACE leader) will be facilitating these PACE courses to not only encourage participation but also to entice individuals to be trained as PACE leaders to keep the program ongoing in these areas of the state which are underserved.

July 15-19 Kids Camp for children with arthritis. Guthrie, OK. There is no charge. Contact Shona if you know of any child who has arthritis.

VIII. Next Meeting will be Thursday, August 4, 2005 at 2:00 p.m. at OSDH in Room 314.