



## Oklahoma Arthritis Network (OAN)

Thursday, June 3, 2004

### MINUTES

#### Attendees:

Debora Adams, OSDH Arthritis Prevention and Education Program  
Doretha Brooks, Retired RN  
Shelley Frick, Home Instead  
Norma Goff, RN, DHS-Aging Services Division, OAN Chair  
Clara Haas, MSHC Senior  
Jackie Hicks, OCCHD  
Terri Johnsen, DHS  
Birdie Johnson, COINS (Central Oklahoma Integrated Network Systems)  
Gail Livengood, Oklahoma Health Care Authority  
Rebecca Loving, Indian Health Services  
Marisa New, OTR, MPH, OSDH Arthritis Prevention and Education Program  
Kathy North, Victory 2004, Brad Carson's Office  
Traci Pellar, COTA, Rehab Works  
Patty Porter, Mercy Sr. Health Center  
Jalene Sain, The Fountains at Canterbury  
Jo Singleton, Caddo County Health Department  
Nick Suleachewn, Victory 2004, Brad Carson's Office  
Dave Thompson, PhD, OU College of Public Health, Dept. of BSE

#### I. WELCOME – Norma Goff, OAN Chair

New OAN Members: Traci Pellar, Kathy North, and Nick Suleacherwn

#### II. MAY MINUTES APPROVED-No Corrections

- #### III. PRESENTATION: [Satellite Conference] An Interview with Kate Lorig, PhD. *Implementing Self-Management Education: Successes & Challenges in Arthritis.* Dr. Lorig answered frequently asked questions about the Arthritis Self-Help Course.

#### Highlights:

- People who complete the Self-Management or Self-Help Course, even four years later report a 20% reduction in pain; they have 40% fewer doctor visits.
- It is the process of the class that is effective, not the book by itself.
- The leader who is a layperson is as effective, or even more effective than the medically trained professional.
- The program is not as effective if it is shortened from six weeks.
- Meet the needs of your class, such as having weekend or evening classes for people who work.
- Two leaders keep each other from deviating from the format
- The Spanish course was written in Spanish, and is taught in Spanish

#### IV. PROJECT/COMMITTEE UPDATES

##### A. **Surveillance Committee—Dave Thompson, Ph**

###### **Oklahoma Arthritis Burden Report**

- Dave gave an overview of the Oklahoma Arthritis Burden Report. BRFSS data was attained through a random telephone poll. Data showed that one in three adults have been doctor diagnosed with some type of arthritis or reported having possible arthritis.
- 28.4% of the Oklahoma adult population has doctor-diagnosed arthritis. 17.4% report having possible arthritis. This data did not reflect the number of children who have juvenile arthritis, nor did it reflect people who had neck or back pain.

##### B. **Arthritis Self-Help Course (ASHC)**

Shona Lennon and Stephanie LaFevers are unable to attend. Marisa spoke of the importance of participants attending all six classes, because the group process is the most therapeutic part of the program. An ASHC Leader Training scheduled in Lawton, June 9-11. Please call Shona Lennon to pre-register, (800) 400-4526.

##### C. **People With Arthritis Can Exercise (PACE) Classes- Three Leader training classes are scheduled.** Potential Leaders should have a sponsor who will host these classes. Trainings will be held Saturday, June 5<sup>th</sup> in OKC, Saturday, June 12<sup>th</sup> in Lawton, June 19<sup>th</sup> in McAlester. Please call Shona Lennon to pre-register, (800) 400-4526.

##### D. **Oklahoma Lupus Association—** Marcus Hayes and Mark Hedrick were unable to attend. Tabled until the September 2, 2004 meeting.

#### V. **ADVOCACY COMMITTEE- Betsy Replogle, Chairperson, not present**

Marisa reported that Betsy and Paulette Shafer had been successful in getting a proclamation declaring May to be Arthritis Month from Governor Brad Henry. Copies were in the handouts.

#### VI. **ANNOUNCEMENTS**

- PACE Leader training will be held this Saturday, June 5 in Oklahoma City. Saturday, June 12 in Lawton, and Saturday, June 19 in McAlester.
- See OAN Calendar of Events for more announcements
- Special Thanks:
  - Norma Goff, RN, did an arthritis presentation at the Indian Elders Conference on June 1<sup>st</sup>.
  - Mark Anderson, PhD, OU College of Allied Health, for his presentation on Sports Injury Prevention and the Safe Kids Coalition Conference.

- Todd Owens, PT, presented at the OU Physicians sponsored, “Rockin’ the Joint.”

All arthritis and related presentations were well attended. Let us know if you will be presenting on arthritis in the near future and if we can be of assistance.

Contact: Marisa New, (405) 271-9444, ext. 56410 or [marisan@health.state.ok.us](mailto:marisan@health.state.ok.us)

- See OAN Calendar of Events for more announcements.

**OAN Networking Ideas:**

- Pursue getting on the agendas of the Nursing Home Association annual meeting and the Grandparenting Conference both in September.
- Place PACE/Aquatics and ASHC in church bulletins.
- Target newsletters for major employers: AT&T, General Motors, SWB, Chamber of Commerce, etc.
- Need to make all arthritis programs convenient for the users – day, evening, weekend programs.

The next OAN Meeting is scheduled for Thursday, September 2, 2004 at 2:00 p.m.

Meeting Adjourned.

***The Latest!!!***

For up-to-date arthritis health information, please subscribe to the Oklahoma Arthritis Network listserv send an e-mail to:

[OKArthritisNetwork-subscribe@yahoogroups.com](mailto:OKArthritisNetwork-subscribe@yahoogroups.com)