

The Arthritis Toolkit or Manejando Mi Artritis

What is it?

- The Arthritis Toolkit is a self-study package of print and electronic media developed from information covered in the Arthritis Self-Management Program (ASMP), an evidence-based group self-management education intervention. The toolkit is available in Spanish as *Manejando Mi Artritis*.
- The Arthritis Toolkit guides people in developing an individualized approach to managing arthritis using exercise, pain management and relaxation techniques, goal-setting, and problem-solving. Users begin by taking a self-test to determine the impact of arthritis on their daily life. The results of the self-test will direct them to the toolkit sections that meet their needs. They'll use the information in these sections to develop their own arthritis self-management program.
- Toolkit materials include:
 - *The Arthritis Helpbook*, authored by Stanford University's Dr. Kate Lorig, a leading researcher in arthritis self-management interventions
 - Information sheets on topics such as nutrition, exercise, medication use, and communicating with health care providers
 - Relaxation and exercise CDs
- People can order The Arthritis Toolkit from the publisher online, by mail, or by a toll-free phone call. See "How to Order" below. Copies may also be available for loan in local lending libraries.

Who is it for?

- The Arthritis Toolkit is designed for adults who prefer self-study or who are unable to participate in group self-management education classes.
- It may appeal to younger, more educated patients with fewer comorbidities.

What are the benefits?

- A strong evidence base has demonstrated that participating in self-management education programs—like ASMP, on which the Arthritis Toolkit is based—can reduce pain, fatigue, and depression; improve quality of life and physical function; and help people feel more confident in managing their arthritis.
- A large randomized clinical trial funded by the Centers for Disease Control and Prevention (CDC) found that the Arthritis Toolkit self-study package provides benefits similar to other self-management education interventions. At 4 and 9 months after receiving the toolkit, participants reported reduced pain and improved health status, health behaviors, and self-confidence for managing arthritis.
- The Arthritis Toolkit can benefit diverse populations. Findings from the CDC-funded study were similar for those using the Spanish version of the toolkit.

For More Information

- Stanford University Patient Education Research Center
patienteducation.stanford.edu/materials
- Centers for Disease Control and Prevention
www.cdc.gov/arthritis/interventions/program_lists.htm

How to Order

Bull Publishing Company

www.bullpub.com/catalog/the-arthritis-toolkit

P.O. Box 1377

Boulder, CO 80306

1-800-676-2855 (toll-free)

303-545-6354 (fax)

Cost:

Reference

Goeppinger J, Lorig KR, Ritter PL, et al. Mail-delivered arthritis self-management tool kit: a randomized trial and longitudinal followup. *Arthritis and Rheumatism*. 2009;61(7):867–875. PMID: 19565554.

Summary of the Evidence

Author, Year	Design	Participants	Outcomes
Goeppinger J, Lorig KR, Ritter PL, et al. (2009)	RCT with longitudinal followup Wait list control, with all participants receiving toolkit after 4 months Self-reported outcomes at 4 and 9 months	921 participants, including Spanish speakers, African-Americans, and other non-Hispanic English speakers	Outcomes sustained at 9 months: ↑ health status ↑ health behavior ↑ health behavior Few differences between English and Spanish speakers