

## Programa de Manejo Personal de la Artritis

### What is it?

- Programa de Manejo Personal de la Artritis is a small group education program for Spanish-speaking people with arthritis. It aims to help people adapt to their condition and gain confidence and control over their lives.
- The program was developed in Spanish by researchers at Stanford University. It is based on the English version Arthritis Self-Management Program (ASMP) but tailored to the needs of Spanish speakers. Workshops are conducted in Spanish and cover similar topics as ASMP in a culturally appropriate manner.
- The 6-week course consists of weekly 2–2½ hour interactive workshops. Participants learn and practice techniques for building an arthritis self-management program specific to their needs. Workshops include educational sessions and group discussions so participants can share feedback and suggestions on approaching an arthritis-related problem. After each workshop, participants practice suggested approaches on their own and report their progress to the group.
- Topics covered in the workshops include:
  - Managing the physical and psychological effects of arthritis (such as fatigue, pain, and frustration)
  - Exercising and using medications appropriately
  - Communicating effectively with family, friends, and health professionals
  - Maintaining healthy nutrition and sleep habits
  - Making informed treatment decisions
  - Problem-solving to address obstacles specific to arthritis
- Both health professionals and lay people may lead workshops after completing a 5-day training. There are two instructors per workshop, at least one of whom has arthritis. Instructors are fluent in Spanish and familiar with the needs of Spanish-speaking communities.

### Who is it for?

- Programa de Manejo Personal de la Artritis is designed for Spanish-speaking adults with arthritis and their significant others.
- Patients may be particularly interested in the program if arthritis is interfering with valued life activities.

### What are the benefits?

- Similar short- and long-term benefits have been demonstrated for participants in Programa de Manejo Personal de la Artritis and ASMP.
- In clinical trials, participants experienced decreased pain, decreased depression, and increased confidence in their ability to manage their arthritis.

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## For More Information

- Stanford University Patient Education Research Center  
[patienteducation.stanford.edu/programs](http://patienteducation.stanford.edu/programs)
- Centers for Disease Control and Prevention  
[www.cdc.gov/arthritis/interventions/self\\_manage.htm](http://www.cdc.gov/arthritis/interventions/self_manage.htm)

## Contact

## References

Lorig K, González VM, Ritter P. Community-based Spanish language arthritis education program: a randomized trial. *Medical Care*. 1999;37(9):957–963. PMID: 10493473.

Wong AL, Harker JO, Lau VP, et al. Spanish Arthritis Empowerment Program: a dissemination and effectiveness study. *Arthritis and Rheumatism*. 2004; 51(3):332–336. PMID: 15188316.

## Summary of the Evidence

Author, Year	Design	Participants	Outcomes
Lorig K, González VM, Ritter P (1999)	RCT with longitudinal followup Wait-list control Self-reported outcomes at 4 months and 1 year	331 Spanish-speaking participants	Outcomes sustained at 1 year: ↑ exercise, general health, self-efficacy ↓ disability, pain, depression
Wong AL, Harker JO, Lau VP, et al. (2004)	Pre- and post-test evaluation 6-month followup	141 Spanish-speaking participants 55% with sixth grade education or less 60% with no medical insurance	Outcomes sustained at 1 year: ↓ pain ↑ health behavior, self-efficacy Improved general health