



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

# Building Lesson Plans for Physical Therapy & Exercise

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# Live Yes! INSIGHTS Program



# Live Yes! INSIGHTS Program

A way to keep track of the arthritis community's patient-reported outcomes.



Patient Reported Outcomes (PROs):

Responses directly reported by a patient about a symptom or other important aspect of his/her overall health.

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# Network PROMISE

The Live Yes! Arthritis Network, created by the Arthritis Foundation, makes connections both in-person and online to empower people to live their best life. People with arthritis find strength in each other, manage stress and take control of their healthcare.

## What We Are Measuring: Network Impact



Improved Physical Health



Improved Emotional  
& Social Health



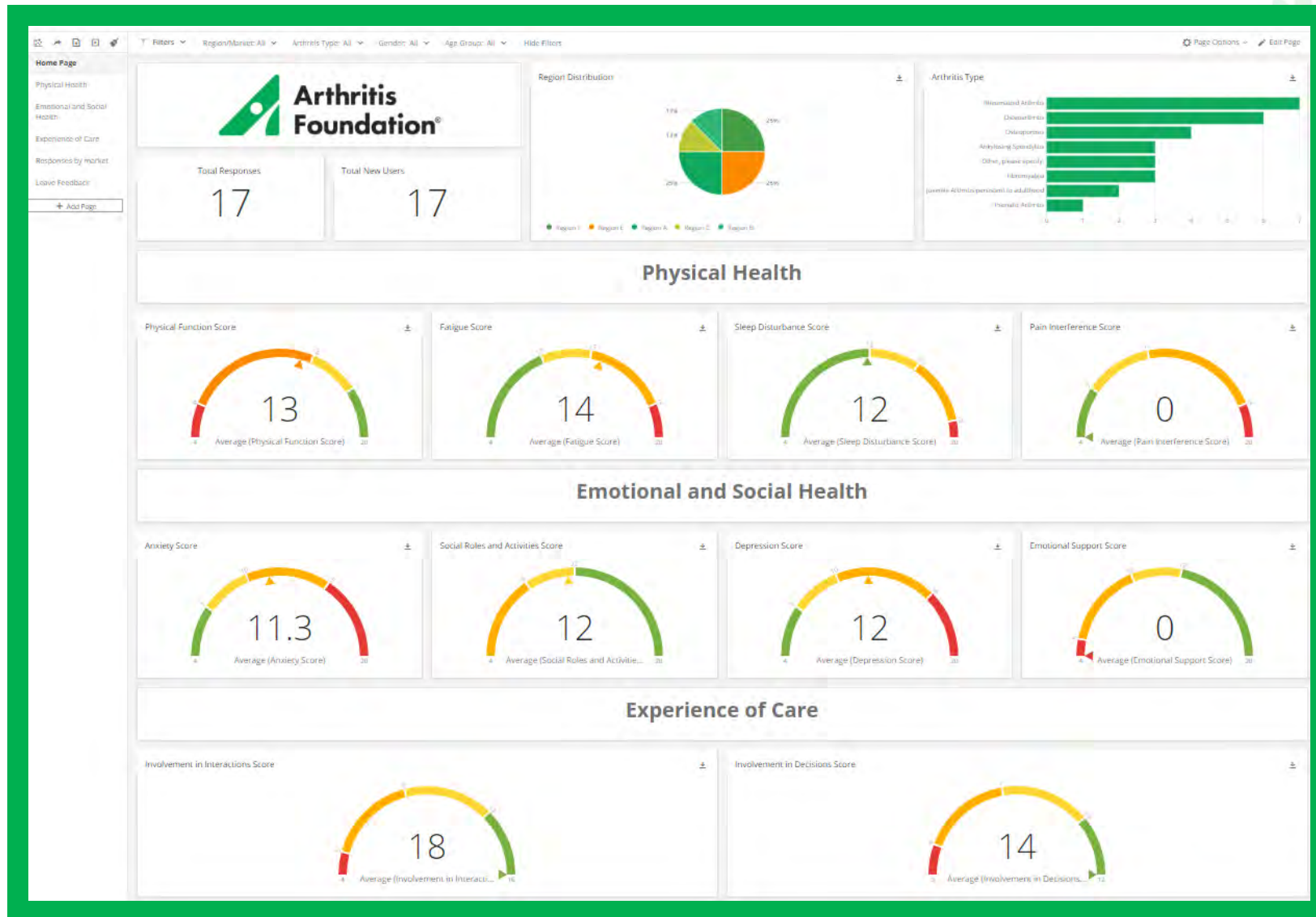
Better Experience of Care

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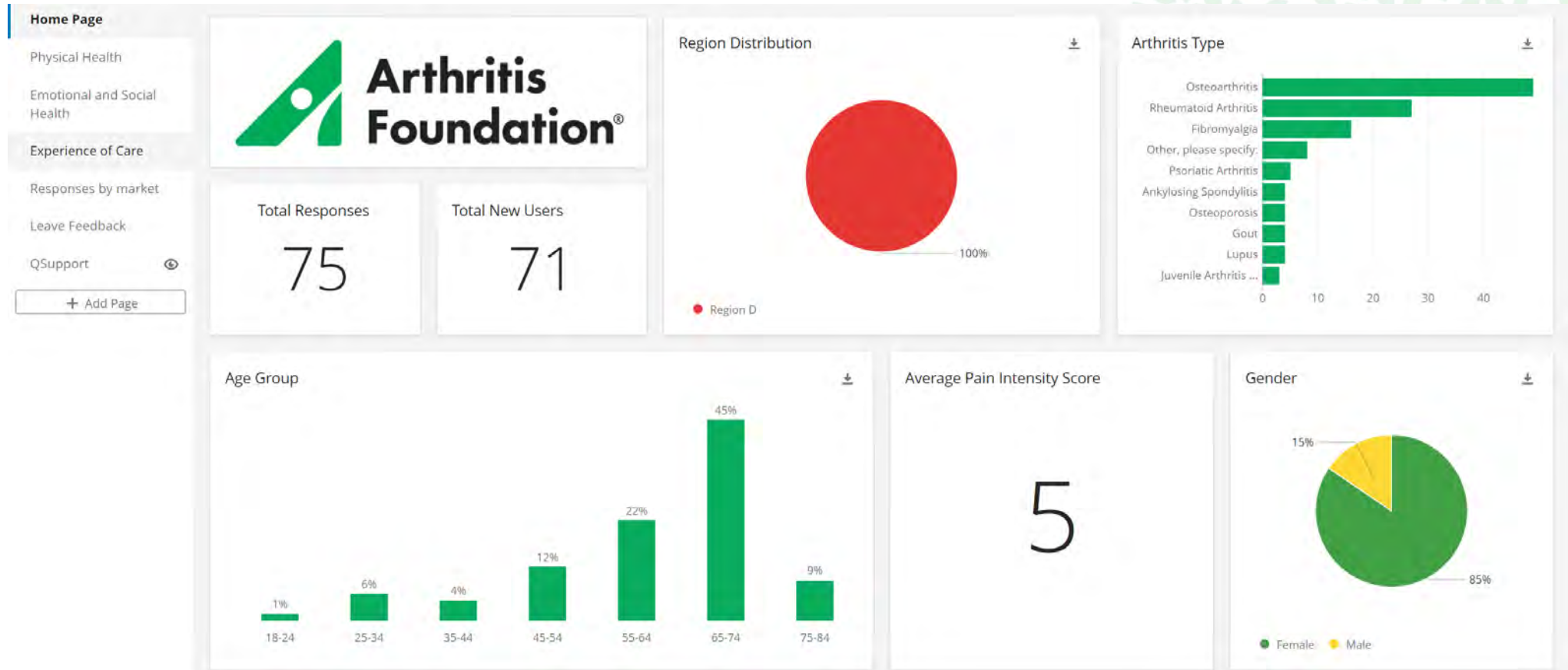
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# Live Yes! INSIGHTS Dashboard



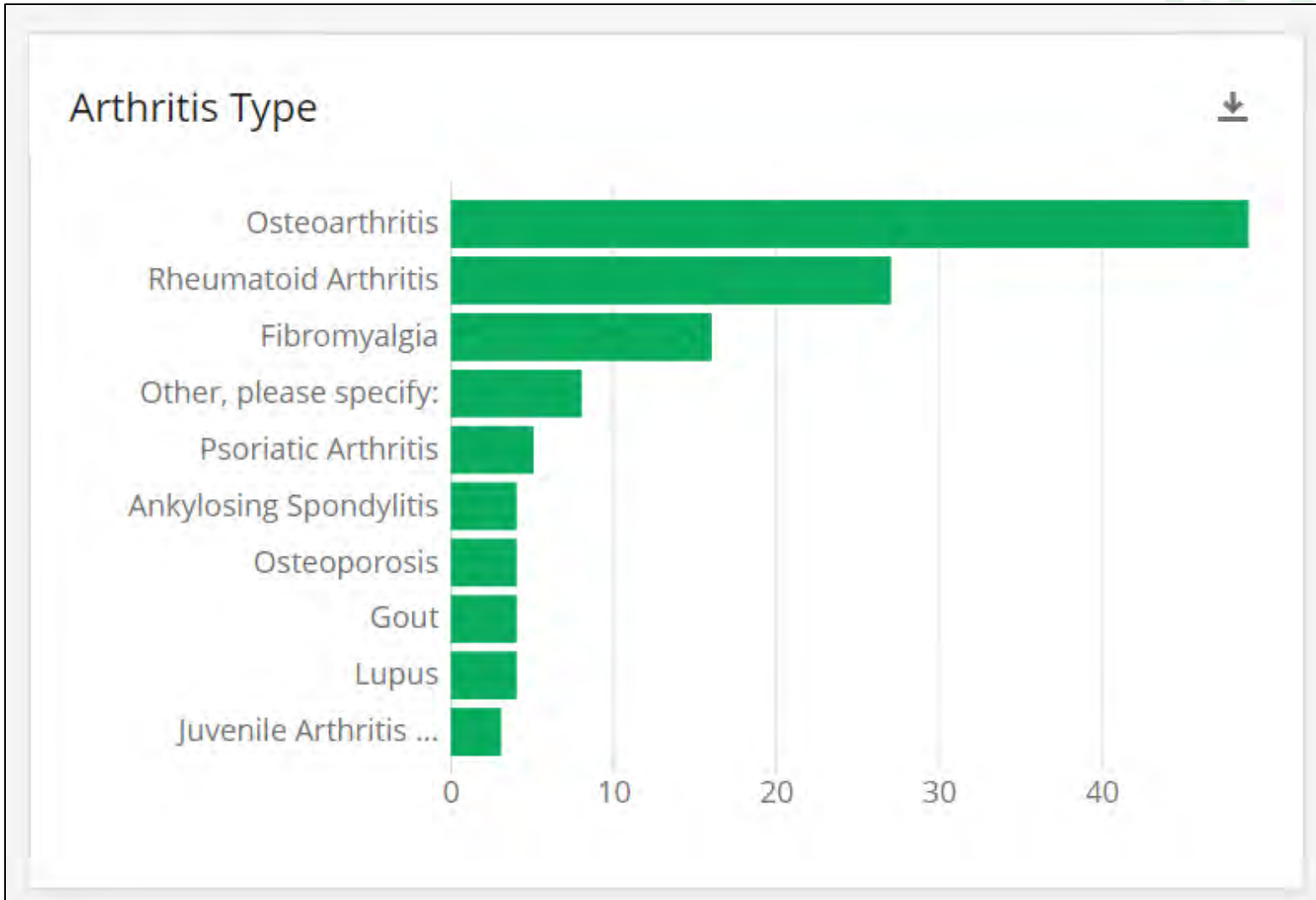
# Market 1



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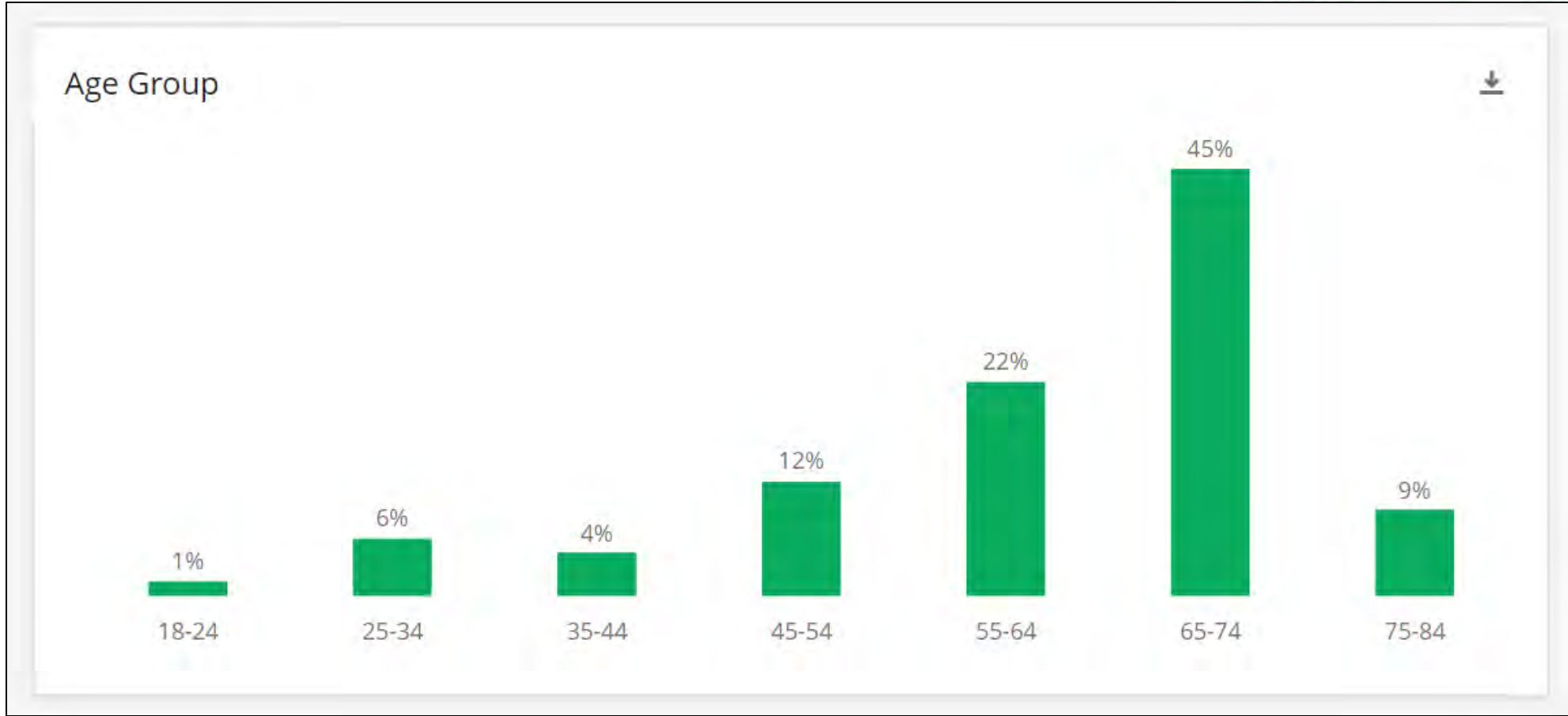


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# Intentional Programming Lesson Plans



# Using the Dashboard Data to incorporate educational components at your Connect Group meetings

**Arthritis**  
Intentional Programming "Lesson Plans" & Guidance Materials  
Emily Creek  
Senior Director, Help & Support and Patient Engagement

**Overview & Goals:**  
The Live Yes! Arthritis Network "lesson plans" were developed to guide your network leaders, facilitators, and volunteers. There are two primary goals of these "lesson plans":  
1. To allow **flexibility & customization**, so you and your facilitators can choose the topic and approach that will best meet the needs of your group.  
2. To provide some structure and key messages to help drive organizational goals of **improving physical health and experience of care**.  
These lesson plans may be used by you:  
1. Current or New Live Yes! Connect Facilitators  
2. Newly recruited volunteers who would like to facilitate one Live Yes! Arthritis Network meeting (i.e. a "stand-alone" meeting).  
**Important Links:**  
**Lesson Plan Topics & Timeline** - This document provides an overview of all lesson plans developed or currently in development.  
**How to use the lesson plan** - Provides a quick overview of goals, meeting format, important notes for facilitators, and a list of resources.  
**Lesson plan folder** - This link takes you to a folder that contains all lesson plans completed and ready for distribution.  
For questions, please reach out to your Mission Integration Manager.

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How to Use the Intentional Programming Lesson Plans

**Purpose of Guidance Modules/Lesson Plans**

- A guide for volunteers that provides: flexibility, customization, and desired organizational outcomes
- Goal of lesson plans are to support facilitators in the effort to improve three domains – physical health, emotional/social health, and experience of care

**Suggested Program Format** (for planning purposes only; each facilitator can determine the optimal format for their group):

- 5 minutes welcome and greeting (introduction, ground rules, etc.)
- 10 minutes attendee introductions (share name, diagnosis, interesting fact, etc.)
- 10 minutes gentle activity or meditation with group
- 30 minutes subject matter expert presentation; Q&A (based on modules/lesson plans)
- 25 minutes facilitated group discussion (based on modules/lesson plans)
- 5 minutes wrap-up PRO and/or post survey completion

**Important Expectations**

- **Resources:** Facilitators should be very familiar with the Arthritis Foundation resources listed in the lesson plans. It is strongly recommended that facilitators and SMEs personally use/read/experience the resources listed in order to make them relevant to the group. These resources should be prioritized over other external resources.
- **Patient Reported Outcome Survey:** Facilitators should encourage attendees to complete PRO surveys at the end of each session. See modules/lesson plans for tips for or to connect the topic to the survey.
- **Speaker Selection:** Facilitators should follow the [SME guidance](#) document for best practices.

**Guardrails**

- **Guardrail #1:** Due to intense scrutiny of pharmaceutical influence on non-pharmaceutical companies (since the Arthritis Foundation cannot make drug treatment suggestions (that of the patients' physician), content may not be created and/or disseminated by pharmaceutical companies or pharma representatives. However, pharmaceutical companies may sponsor meetings/events.
- **Guardrail #2:** Speakers may not use the opportunity to sell or promote their products or services. All presentations should be unbiased. Please see the [SME guidance](#) document for best practices and guidance.

Name ▾

- Emotional Health
- Experience of Care
- Physical Health
- How to use intentional program...
- Lesson Plan Topics and Timeline...
- Speakers & Subject Matter Expe...

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# Goals of Lesson Plans

1. To allow flexibility & customization, so you can choose the topics and approaches that will resonate most with your community
2. To provide some structure and key messages to help drive towards organizational objectives of improving the 3 key domains:
  - a. physical health
  - b. emotional/social health
  - c. experience of care

# Keys to Success

- Topic selection: Pick topics that resonate with your community. Not sure what they want? Ask them.
- Subject matter expert selection: Find a great subject matter expert (SME). Check out the SME guide for help.
- Know Arthritis Foundation Resources: Read/use them yourself so you can make it relevant to your community.
- Encourage Live Yes! INSIGHTS Participation: Encourage participants to take the patient reported outcome (PRO) assessment. Relevant tips are provided in the lesson plans. **Adult groups only.**

# Subject Matter Experts



# Educational Meetings



Presentation lead by a  
Subject Matter Expert



Presentation lead by  
facilitator

# Where to start

- Experience - at least five years of experience
- Affiliations - sports medicine or orthopaedic private practice, hospital/university program or national PT or fitness chain (ex. LA Fitness)
- Evidence - information is backed by research from a reputable source (ex. credentialing organization or professional association)
- Conflicts – is not affiliated with an organization that sells any fitness equipment that is recommended in the session

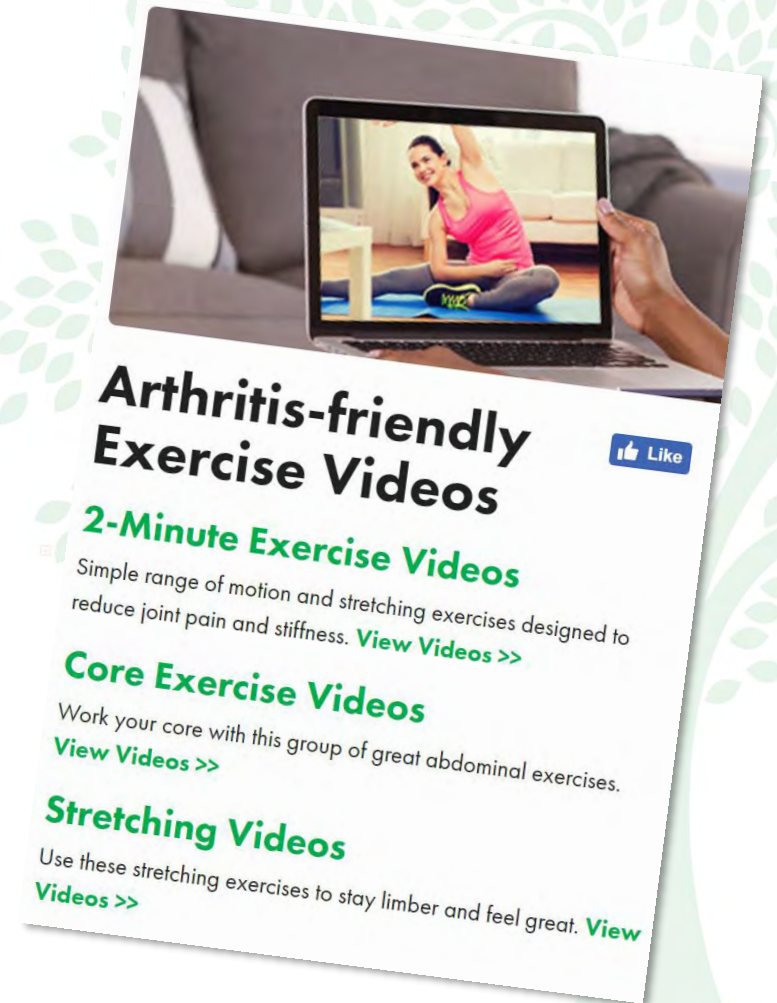


# Who to ask

- Potential SMEs
  - Physical Therapist
  - Yoga for Arthritis Instructor
  - Tai Chi for Health Institute Instructors
  - Medical Fitness Network Instructor
  - Fitness instructors affiliated with healthcare organizations
  - Other well-trained fitness instructors with knowledge and experience in arthritis-appropriate activities (e.g., walking, swimming, biking, etc.)
  - Certified instructor for legacy Arthritis Foundation exercise programs or other evidence-based exercise programs (Enhance Fitness, Fit & Strong, Active Living Everyday, etc.)

# Consider a group activity

- Gentle, low impact
- Offer tips to accommodate varying mobility levels
- Consider balance of balance/flexibility, strength training and aerobic
- Consider Arthritis Foundation resources such as videos on Arthritis.org



# Prepare some discussion starters

- What are benefits of exercise?
- How do you feel after the group activity?
- What keeps you from being physically active?
- How does lack of mobility limit your daily life?
- How do you prioritize exercise?

# Activity



# Q&A

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