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Version: Accepted Version

Conference or Workshop Item:
Ndosi, ME, Hill, J, Hale, C et al. (2007) Gender Differences of Educational Needs Among Patients with Ankylosing Spondylitis and Psoriatic Arthritis. In: EULAR Congress, 13-16 Jun 2007, Barcelona, Spain.

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SAT0494-AHP Gender differences of educational needs among patients with ankylosing spondylitis and psoriatic arthritis

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Background

Patient education is an integral part in the management of arthritis. Arthritis Educational Needs Assessment Tool (ENAT) was designed to identify individual educational needs of patients with arthritis 1.

Objectives

The aim of this study was to evaluate gender differences of educational needs among patients with ankylosing spondylitis (AS) and psoriatic arthritis (PsA) by use of the ENAT.

Methods

ENAT is a self-completed questionnaire comprising of 39 items grouped into 7 domains (managing pain, movement, feelings, arthritis process, treatments, self-help measures and support systems). Patients score the items by ticking 5-point Likert scales ranging from "not at all important" = 1 to "extremely important" = 5.

This study utilized a quantitative design and recruited a convenience sample of 218 patients (117 with AS and 95 with PsA) attending the rheumatology outpatient clinic of a large teaching hospital in Leeds. Patients completed the ENAT unaided at the time of their clinic visit whilst waiting for their consultation.

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The data was analysed descriptively and Kruskal-Wallis test was used to determine significant differences where appropriate.

Results

Mean age was 44.49 (SD = 12.57) with median disease duration of 14 (Range 1 – 60 years). The AS cohort had 78 (66.7%) male and 39 (33.3%) female patients, while the PsA cohort had 45 (47.9%) male and 49 (52.1%) female patients.

Both AS and PsA patients reported their educational needs as "very important" (median = 4) on management of pain, feelings, arthritis process, treatment and for self help measures, and "fairly important" (median = 3) for support. Patients with PsA wanted more information on movement (median = 4) than those with AS (median = 3).

Overall, the female patients indicated more educational needs than their male counterparts. In the AS cohort, they had significantly higher educational needs than their male counterparts on pain control, movement and arthritis process (p = 0.018, 0.057 and 0.002 respectively). In the PsA cohort, female patients had significantly more educational needs than male patients on movement (p = 0.012) and management of feelings (p = 0.012).

Table 1: Median scores of educational needs of patients with AS and PsA

	Managing Pain	Movement	Feelings	Arthritis Process	Treatment	Self-help Measures	Support
AS	4	3	4	4	4	4	3
PsA	4	4	4	4	4	4	3

Conclusion: Based on these findings, female patients with AS and PsA have more educational needs than their male counterparts. These findings support the need for individualized assessment of patients' educational needs.

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Cite this as:

Ndosi M, Hill J, Hale C, Adebajo A (2007). Gender differences of educational needs among patients with ankylosing spondylitis and psoriatic arthritis. Ann Rheum Dis 2007;66(Suppl II):580