

Factors associated with empowerment after participating in a supported osteoarthritis self-management program: an explorative study

Karin Sturesdotter Åkesson^{1,2}, Eva Ekvall Hansson¹, Teresa Pawlikowska³, Anne Sundén¹, Kjerstin Stigmar¹, Eva Ageberg¹

¹ Lund University, ² Region Skåne, ³ Health Professions Education Centre, RCSI University of Medicine and Health Sciences

The aim was to explore factors associated with empowerment in patients participating in a self-management program and to evaluate empowerment in the longer term.

The study was conducted in primary healthcare in Sweden between 2016 to 2018. The Swedish Rheumatic Disease Empowerment Scale was used to measure empowerment. Univariable linear regression models were performed to assess associations between demographics and patient-reported outcome measures (explanatory factors), respectively, and change in empowerment from baseline to 3-month follow-up (outcome variable). Demographics were age, sex, BMI, most affected joint, level of education, civil status, and work situation. Patient-reported outcome measures were NRS-11 (pain), questions about physical exercise and everyday exercise, EQ-5D (health-related quality of life) and the Patient Enablement Instrument (enablement).

143 patients (mean age 66, SD 9.3 years) were included, 111 (78 %) were women. Increase in enablement at the 3-month follow-up was associated with a greater improvement in empowerment (B= 0.041, 95% CI (0.011, 0.07), p=0.008). Living alone was associated with less improvement in empowerment (B= -0.278, 95% CI (-0.469, -0.086), p=0.005) compared to living together. Physical exercise >120 minutes per week at baseline was associated with less improvement in empowerment (B=-0.293, 95% CI (-0.583, -0.004), p=0.047) compared to reporting no exercise at baseline. Empowerment improved from baseline to the 3-month follow-up (mean 0.20 (SD 0.5), p<0.001) but there was no change from baseline to the 9-month follow-up (mean 0.02 (SD 0.6), p=0.641).