PG obtained better results when compared to the SG regarding the activation of the transversus abdominis muscle. It is suggested to carry out studies with a greater number of participants, a longer treatment and follow-up time to complement these findings.

REFERENCES:
[1] Boonstra AM, Preuper HRS, Reneman MF, Posthumus JB, Stewart RE. Reliability and validity of the visual analogue scale for disability in patients with chronic musculoskeletal pain. IJSR 2008; 3(2):165-9.
[2] Marques AP, Mendes YC, Taddei U, Pereira CAB, Assumpção A. Brazilian-Portuguese translation and cross cultural adaptation of the activities-specific balance confidence ABC) scale. Braz J Phys Ther 2013; 17(2): 170-8.
[3] Siqueira FB, Teixeira-Salmela LF, Magalhães LC. Análise das propriedades psicométricas da versão brasileira da escala tampa de cinesiofobia. Acta Orto Bras 2007; 15(1): 19-24.
[4] Viggato R, Alexandre NMC, Correa Filho HR. Development of a Braziliam Portuguese version of the Oswestry Disability Index: cross-cultural adaptation, reliability, and validity. Spine 2007; 32(4):481-6.

Acknowledgements: Coordenação de Aperfeiçoamento de Pessoal de Nível Superior (CAPES)
Disclosure of Interests: None declared
DOI: 10.1136/annrheumdis-2022-eular.1388

AB1538-HPR AMIGOS DE FIBRO (FIBRO FRIENDS): VALIDATION OF AN EDUCATIONAL PROGRAM TO PROMOTE THE HEALTH OF PATIENTS WITH FIBROMYALGIA IN BRAZIL.

M. Antunes[1], A. Schmitt[1], A. Pasqual Marques[1]. [1]*University of São Paulo, Department of Physiotherapy, Speech Therapy and Occupational Therapy, São Paulo - SP, Brazil*

Background: Health education is a very important tool in the treatment of people with fibromyalgia. Health education acts as an excellent non-pharmacological treatment to promote health in fibromyalgia.

Objectives: To validate a multidisciplinary educational program to promote the health of people with fibromyalgia in Brazil, called Amigos de Fibro.

Methods: This is a methodological research with 45 individuals with fibromyalgia (target audience) and 23 health professionals (expert judges). Both groups used an instrument to assess the objectives, themes and proposed actions, relevance, writing style and structure of the program using the Delphi technique. The Content Validity Index (CVI) ≥ 0.78 and Kappa Coefficient ≥ 0.61 were used to analyze and validate the data.

Results: All items evaluated in both groups had a considerable minimum CVI and Kappa Coefficient to be valid. In the global assessment of Amigos de Fibro, the CVI of the target audience judges was 0.95, while the expert judges presented a value of 0.90. The Kappa Coefficient of the target audience judges was 0.85 and that of the expert judges was 0.90. Therefore, the instrument proved to be validated.

Conclusion: Amigos de Fibro was considered valid for its content and internal consistency, therefore, valid to be used by health professionals with the target audience in Primary Health Care in Brazil, allowing them to act as promoters of their health.

REFERENCES:
[1] Antunes MD, Couto LA, Bertolini SMMG, Rocha Loures FCN, Schmitt ACB, Marques AP. of interdisciplinary health education programs for individuals with fibromyalgia: A systematic review. Journal of Education and Health Promotion. 2021;10(64):1-8. Doi: https://dx.doi.org/10.4103%2Fjehp.jehp_592_20
[2] Antunes M, Schmitt A, Marques AP. Ab0912-hpr Amigos de Fibro (Fibro Friends): educational program to promote the health of people with fibromyalgia in Brazil. 2021; Annals of the Rheumatic Diseases 2021;80:1478.
[3] García-Ríos MC, Navarro-Ledesma S, Tapia-Haro RM, Toledano-Moreno S, Casas-Barragán A, Correa-Rodríguez M, et al. Effectiveness of health education in patients with fibromyalgia: a systematic review. European Journal of Physical and Rehabilitation Medicine. 2019;55(2):301–13, 2019. Doi: https://doi.org/10.23736/S1973-9087.19.05524-2

Acknowledgements: This study was financed in part by the Coordenação de Aperfeiçoamento de Pessoal de Nível Superior - Brasil (CAPES) - Finance Code 001
Disclosure of Interests: None declared
DOI: 10.1136/annrheumdis-2022-eular.2197

AB1539-HPR AMIGOS DE FIBRO (FIBRO FRIENDS): VALIDATION OF AN EDUCATIONAL E-BOOK TO PROMOTE THE HEALTH OF PEOPLE LIVING WITH FIBROMYALGIA IN BRAZIL

M. Antunes[1], A. Schmitt[1], A. Pasqual Marques[1]. [1]*University of São Paulo, Department of Physiotherapy, Speech Therapy and Occupational Therapy, São Paulo - SP, Brazil*

Background: In the optimal treatment of fibromyalgia, international recommendations highlight non-pharmacological treatment as the key to success. Health education is one of the main tools to promote the health of patients with fibromyalgia. Educational strategies are essential for the care of patients with fibromyalgia.

Objectives: Develop and validate an e-book to promote the health of people with fibromyalgia who live in Brazil.

Methods: This is a methodological study, initially, through a bibliographic survey, the available publications on the subject were analyzed. Then, this knowledge was used to build the theoretical content addressed and the art and layout of the e-book was elaborated. Finally, the validation of the constructed material was carried out with three groups of specialists: content specialists (n=23), technicians (n=23) and design specialists (n=23). In addition, it was also decided to validate the e-book with individuals who have fibromyalgia (n=45. The e-book was evaluated by specific instruments through the Delphi technique. The data were analyzed, and the reliability was evaluated by the Alpha of Cronbach (αC) and agreement, using the Content Validity Index (CVI).

Results: In the global evaluation, all the judges agreed with the items evaluated in the e-book, presented a considerable minimum of the CVI, being: content (0.79), technical (0.89), design (0.92), and target audience (0.97). Regarding reliability, all groups also had an αC within the acceptable range: content (0.960), technical (0.963), design (0.977), and target audience (1.08).

Conclusion: E-book was prepared and validated in terms of content and relevance, and can be used in Brazil to promote the health of individuals with fibromyalgia, mainly as a complement to treatments already carried out for fibromyalgia. In the future, this e-book may be translated and adapted into new languages.

REFERENCES:
[1] Antunes M, Schmitt A, Marques AP. Ab0912-hpr Amigos de Fibro (Fibro Friends): educational program to promote the health of people with fibromyalgia in Brazil. 2021; Annals of the Rheumatic Diseases 2021;80:1478.
[2] Antunes MD, Couto LA, Bertolini SMMG, Rocha Loures FCN, Schmitt ACB, Marques AP. of interdisciplinary health education programs for individuals with fibromyalgia: A systematic review. Journal of Education and Health Promotion. 2021;10(64):1-8. Doi: https://dx.doi.org/10.4103%2Fjehp.jehp_592_20.
[3] García-Ríos MC, Navarro-Ledesma S, Tapia-Haro RM, Toledano-Moreno S, Casas-Barragán A, Correa-Rodríguez M, et al. Effectiveness of health education in patients with fibromyalgia: a systematic review. European Journal of Physical and Rehabilitation Medicine. 2019;55(2):301–13, 2019. Doi: https://doi.org/10.23736/S1973-9087.19.05524-2

Acknowledgements: This study was financed in part by the Coordenação de Aperfeiçoamento de Pessoal de Nível Superior - Brasil (CAPES) - Finance Code 001
Disclosure of Interests: None declared
DOI: 10.1136/annrheumdis-2022-eular.2201

AB1540-HPR NURSING INTERVENTIONS FOR RHEUMATIC MUSCULOSKELETAL DISEASES (RMDS) PATIENTS ON BIOLOGIC THERAPY: A SYSTEMATIC LITERATURE REVIEW (SLR)

M. R. Melis[1], K. El Aoufy[2], C. Bruni[2], F. Bartoli[1], G. Fiori[1], S. Guiducci[1], S. Bellando Randone[1], S. Bambi[3], L. Rasero[3], M. Matucci-Cerinic[2]. [1]*Careggi Hospital, Department of Experimental and Clinical Medicine, University of Florence, Rheumatology Unit, Florence, Italy*; [2]*University of Florence, Department of Experimental and Clinical Medicine, Rheumatology Unit, Florence, Italy*; [3]*University of Florence, Department of Health Sciences, Florence, Italy*

Background: The support of the Rheumatology nurse to the management of patients who are affected by RMDs, characterized by remission and recrudescence and chronicity, may be strengthened by the investigation of their unmet needs and the identification of the necessary interventions to the continuity and quality of care.

Objectives: The aim of the present SLR is to identify the main nursing interventions to assure quality care in RMDs patients on biologic therapy.

Methods: Study design: a systematic search was conducted from 1990 to 2020 (01/01/1990- 2020/05/07). Inclusion criteria consisted of 1) patients with RMDs in accordance with American College of Rheumatology classification criteria and the American College of Rheumatology/European League against Rheumatism (ACR/EULAR); 2) in therapy with bDMARDS; 3) adult population > 18 years; 4) primary research only; 6) English language; 7) abstract available; and 8) relative quantitative studies; 9) nursing interventions and/or outcomes. Data sources: Medline, CINAHL, PsycINFO and EMBASE databases were used to search for relevant studies. Review methods: using the predetermined inclusion/exclusion criteria, two independent reviewers (MRM, KEA) screened records selected for eligibility based on titles and abstracts. Records meeting the inclusion criteria were retrieved and full texts were further assessed. Critical Appraisal Skills

Program (CASP) tools were used to evaluate the quality of the included studies. Data from 8 studies were extracted independently by the reviewers.

Results: 1805 articles were retrieved: after the review process, 8 articles met the inclusion criteria resulting in 1 randomized trial, 1 quasi-experimental study and 6 observational studies. The RMDs patient needs emerged concerning the psychosocial domain, the relationship with healthcare facilities and disease follow up to monitor symptoms. Moreover, three major nursing interventions related to these areas were identified: education, patient-centered care and data assessment.

Conclusion: Rheumatology nurses are part of a multidisciplinary team caring for patients on biologic therapy. Starting with accurate initial and ongoing data collection, rheumatology nurses can plan their interventions focusing primarily on patient education and tailored care based on actual needs. Further studies are necessary for research on aspects of patient-centered nursing care, including tele-nursing and Nursing Sensitive Outcomes in RMDs.

REFERENCES:

[1] EULAR, van Eijk-Hustings Y, van Tubergen A, Boström C, Braychenko E, Buss B, Felix J, Firth J, Hammond A, Harston B, Hernandez C, Huzjak M, Korandová J, Kukkurainen ML, Landewé R, Mezieres M, Milincovic M, Moretti A, Oliver S, Primdahl J, Scholte- Voshaar M, de la Torre-Aboki J, Waite-Jones J, Westhovens R, Zangi HA, Heiberg T, Hill J; "*Recommendations for the role of the nurse in the management of chronic inflammatory arthritis*", Ann Rheum Dis. 2012 Jan;71(1):13-9. doi: 10.1136/annrheumdis-2011-200185. Epub 2011 Oct 28.

[2] Larsson I. *et al*,"*Randomized controlled trial of a nurse-led rheumatology clinic for monitoring biological therapy"Journal of Advanced Nursing 70(1), 164–175., 2013*

[3] Betegnie,A.L. *et al*,"*Why Do Patients with Chronic Inflammatory Rheumatic Diseases Discontinue Their Biologics? An Assessment of Patients' Adherence Using a Self-report Questionnaire"* The Journal of Rheumatology, 2016;43;724-730

[4] Giacomelli R. *et al*, "*Quality of life and unmet needs in patients with inflammatory arthropathies: results from the multicentre, observational RAPSODIA study*." Rheumatology (Oxford) 54(5): 792-797, 2015

[5] Ozkaraman A. *et al*, "*Effect of education and telephone counselling on adherence to treatment and challenges experienced in anti TNF-alfa treatment: a pilot study"* Contemporary Nurse, ISSN: 1037-6178 (Print) 1839-3535 (Online), 2019

Disclosure of Interests: None declared

DOI: 10.1136/annrheumdis-2022-eular.2630

AB1541-HPR

IMPACT OF COUNSELLING, TELEPHONE-BASED SYMPTOMS TREATMENT TITRATION AND REMINDER CALL ON REGULAR FOLLOW UP AMONG COMMON RHEUMATOLOGIC DISORDERS; A PROSPECTIVE COHORT STUDY

V. Kattel[1], N. Gupta[2], S. Malviya[3]. [1]*BP Koirala Institute of Health Sciences, Internal Medicine, Dharan, Nepal*; [2]*MGM Medical College, Anaesthesiology, Indore, India*; [3]*Medanta Superspeciality Hospital, Rheumatology and Clinical Immunology, Indore, India*

Background: Poor adherence to rheumatologic diseases exist for various reasons.

Objectives: The objective of the study was to measure adherence with interventions.

Methods: It was a prospective cohort study for 52 weeks. Assuming adherence of 30%, power of the study as 90% and confidence interval 95% sample size was calculated as 323. Common rheumatologic disorders (Rheumatoid arthritis (RA), Spondyloarthropathy (SpA), Primary Sjogren's Syndrome (PSS) and Systemic Lupus Erythematosus (SLE)) patients with at least 15% from each group who presented first time in our clinic were followed up. The interventions were two separate sessions of face-to-face counselling during first initial visits, telephone-based titration of drugs if there was poor control of the presenting symptoms and two-day prior reminder phone call for next follow up.

Results: Among 323 enrolled patients 27% were compliant with previous treatment. The relative ratio of compliant groups under follow up with the rheumatologist verses other clinicians was 2.2. Median duration of diagnosis of the 60% previously diagnosed verses 40% newly diagnosed at our clinic was 18 months verses 7 days. Among 64 cases of PSS 86% were undiagnosed with median duration of symptoms of 4 years. Knowledge about consequences of poor treatment between pre verses post counselling was 40% and 78% respectively. (Table 1) Symptom controlled with telephone-based drug titration was achieved among 84% of cases (30%, 44%, 10% partial, nearly complete and complete improvement respectively). With the reminder call the adherence weans off to 85% at first follow up, 77% at third month and 53% at the end of year. By 52 weeks PSS had maximum adherence (78%) followed by SLE (58%), RA (42%) and SpA (42%). (Figure 1)

Table 1. Comparison between pre and post intervention

	RA	ax-SpA	SLE	
Variables	**(N=116)**	**(N= 72)**	**(N=71)**	**PSS (N=64)**
Before intervention	3.5	2.5	3	4
•Median duration of diagnosis (years)	25	9	34	19
•Number of adherence (87)	9	4	7	3
•Insight about the disease conditions	17	17	16	16
a.I don't have disease	30	17	16	31
b.I have disease due to external factors	28	23	25	11
c.I have disease due to internal factors	22	11	7	3
d:'c' + I need medication for some time	<1	2	<1	2
e:'c' + I need medication per rheumatologist	49	30	41	50
After intervention	5	4	5	1
•Median duration of diagnosis (weeks)	9	4	4	4
•Number of adherence at 52 weeks (170)	14	9	8	11
•Insight about the disease conditions	31	21	17	11
a.I don't have disease	57	34	37	32
b.I have disease due to external factors				
c.I have disease due to internal factor				
d:'c' + I need medication for some time				
e:'c' + I need medication per rheumatologist				

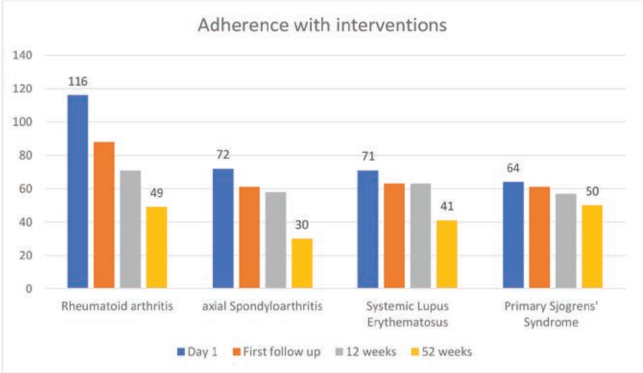

Figure 1. Adherence proportion with consequent follow up

Conclusion: Early diagnosis, separate counselling sessions, effective control of symptoms and reminder to follow up significantly increases the adherence in rheumatological disorder.

REFERENCES:

[1] Safiri S, Kolahi A-A, Cross M, et al. Prevalence, deaths, and disability-adjusted life years due to musculoskeletal disorders for 195 countries and territories 1990–2017. *Arthritis Rheumatol.* 2021 Apr;73(4):702–714.g

Acknowledgements: I would like to acknowledge Dr Sanjay Geed medical superintendent Medanta Superspeciality Hospital Indore

Disclosure of Interests: None declared

DOI: 10.1136/annrheumdis-2022-eular.3560

AB1542-HPR

USING SOCIAL NETWORKS AS A SOURCE OF INFORMATION FOR RHEUMATOLOGICAL PATIENTS

A. Sarapulova[1], O. Teplyakova[2]. [1]*USMU, Outpatient Therapy, Yekaterinburg, Russian Federation*; [1]*USMU, Outpatient Therapy, Yekaterinburg, Russian Federation*

Background: The COVID-19 pandemic has brought significant changes to the work of healthcare professionals around the world. Technologies of telemedicine counseling and education of patients have become widespread. The largest platforms for informing patients are social networks such as Facebook, Instagram, Twitter.

Objectives: to study the possibilities and impact of the social network as a digital medical tool on the education and management of rheumatological patients

Methods: The study was conducted in the form of a survey in the social network Instagram in the blog @revmatologg_sarapulova, dedicated to the rheumatological diseases, and was dedicated to the level of information. At the time of the survey, the number of subscribers to the blog was 4895 people, 223 people answered the questions submitted. The survey was conducted in a Google form and was anonymous.

Results: 86% of respondents lived in Russian Federation, 17.5% - in the survey region, 14% of patients were from other countries. 72% indicated the presence of rheumatic disease as the reason for reading the blog, 7% - disease in relatives, 14% are guided by the desire to know more about rheumatological diseases. 68.5% of the respondents rated the information presented in the blog as very interesting (10 points on a scale from 0 to 10), 13.3% - 9 points and 9.1% - 8 points. It should be noted that none of the participants in the study gave less than 5 points.