

## EULAR Study Group on Patient Education (STOPE)

EULAR Study group on Patient Education (STOPE) is formed of multinational health professionals, rheumatologists and patients interested in patient education within rheumatic and musculoskeletal health care. STOPE provides an optimum environment for rheumatology collaborative work, which is of relevance and interest to patients, unconstrained by disciplinary or locality boundaries.

### Aims of STOPE

The overarching aims of STOPE are to (i) promote excellence in patient education research (ii) disseminate research evidence (iii) support implementation of EULAR recommendations that have a patient education approach and (iv) promote collaboration among professionals and patients interested in patient education across Europe.

To help achieve the above overarching aims, STOPE will seek to:

- Facilitate the translation and dissemination of the recommendations across Europe by using members of the STOPE, patient organisations and professional networks
- Assess acceptability of the recommendations to patient and practitioners by undertaking surveys and seeking opinions of practitioners. Here, STOPE will identify national champions who will help to coordinate within-country activities.
- Evaluate the use of the recommendations and their effects across countries. National champions will help to coordinate within-country surveys.
- Pursue or facilitate some aspects of the research agenda suggested by the EULAR task force for patient education in IA.<sup>1</sup> STOPE will seek expertise among members and seek funding to carry out or coordinate some research objectives
- Update the literature on patient education and gauge the need to update the recommendations
- Support implementation of other EULAR recommendations that have a patient education approach.
- Identify new research areas and facilitate collaborative research related to patient education
- Facilitate sharing of good practice by using e-communication and annual meetings at EULAR Congress

### Founding members

Name	Profession (Country)	Name	Profession (Country)
Mwidimi Ndosi ( <b>Lead</b> )	Nurse (GB)	Jo Adams	Occupational Therapist (GB)
Heidi Zangi ( <b>Co-lead</b> )	Nurse (NO)	Jorit Meesters	Physiotherapist (NL)
Alison Hammond	Occupational Therapist (GB)	Karin Niedermann	Physiotherapist (CH)
Andrea Marques	Nurse (PT)	Kjersti Grønning	Nurse (NO)
Astrid van Tubergen	Rheumatologist (NL)	Laure Gossec	Rheumatologist (FR)
Bente Hamnes	Nurse (NO)	Lena Andersen	Patient (DK)
Carina Boström	Physiotherapist (SE)	Marieke Scholte	Patient (NL)
Christina Bode	Psychologist (NL)	Marja Leena Kukkurainen	Nurse (FI)
Cristina Hernandez	Patient (ES)	Masa Huzjak	Nurse (SI)
Gabriel Mendes	Patient (PT)	Michaela Stoffer	Occupational Therapist (AT)
Ingrid Larsson	Nurse (SE)	Ricardo Ferreira	Nurse (PT)
Jana Korandová	Nurse (CZ)	Silvia Garcia-Diaz	Nurse (ES)
Jenny de la Torre	Nurse (ES)	Sue Oliver	Nurse (GB)
Jette Primdahl	Nurse (DK)	Yvonne van Eijk-Hustings	Nurse (NL)

STOPE follows an open membership policy and seeks to extend membership to all EULAR countries. New membership applications should be sent to Mwidimi Ndosi [m.e.ndosi@leeds.ac.uk](mailto:m.e.ndosi@leeds.ac.uk) or Heidi Zangi [heidi.zangi@diakonsyk.no](mailto:heidi.zangi@diakonsyk.no).

### EULAR Recommendations for patient education

1. Zangi HA, Ndosi M, Adams J, et al. EULAR recommendations for patient education for people with inflammatory arthritis. *Ann Rheum Dis*. 2015;74(6): 954-62. [doi:10.1136/annrheumdis-2014-206807](https://doi.org/10.1136/annrheumdis-2014-206807)