

Biennial report

Study Groups

EULAR Study Group on Patient Education (STOPE)

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Aims of STOPE

EULAR Study group on Patient Education (STOPE) is formed of 52 multinational health professionals, rheumatologists and patients interested in patient education within rheumatic and musculoskeletal health care. STOPE was established in September 2015 with the following overarching aims: (i) to promote excellence in patient education research (ii) to disseminate research evidence (iii) to support implementation of EULAR recommendations that have a patient education approach and (iv) to promote collaboration among professionals and patients interested in patient education across Europe.

Summary of last year's activities

Last year, STOPE was awarded a EULAR HPR grant to disseminate and assess implementation of the EULAR recommendations for patient education for people with inflammatory arthritis across Europe. This grant has enabled a more coordinated approach to the dissemination work. We are now able to (i) disseminate the recommendations to patients, rheumatologists and health professionals across EULAR member countries (ii) assess the level of acceptability and applicability of the recommendations as well as identify potential barriers and facilitators for implementation.

The focus has been on setting up the study across 20 countries including applying for ethics. The study started well in December 2018 with the setup meeting. The STOPE country champions are leading the project within each country. At least two patient research partners in each country are involved in panel meetings to translate and plan the dissemination.

The translation work has gone well, and the survey is now in preparation for testing. We expect the project will give us a very good data on the level of acceptability, applicability and more importantly, implementation of the recommendations.

Demonstrably, STOPE has achieved one of its aims, bringing together a collaboration of professionals and patients interested in patient education across Europe and we are well on our way to achieve the other aims of the study group.

At Madrid EULAR Congress, we will hold our annual business meeting on the 13th June 2019 in room A10.02 at 1800-1900 hrs. The meeting will evaluate the group's activity and set the priorities for the next year. Dr Heidi Zangi (STOPE's co-lead) will chair this meeting and the agenda will be circulated to all members.