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**Title:** Development of a Rheumatoid Arthritis Education Program using the PRECEDE_PROCEED model

**Authors:**
1. Haidar Nadrian* M.Sc, Ph.D. Student in Health Education. School of Health, Tehran University of Medical Sciences. Email: haidar5885@yahoo.com
2. Mohammad Ali Morowatisharifabad (Ph.D.) Assistant Professor in Health Education at Yazd Shahid Sadoughi University of Medical Sciences, Iran, School of Health. Email: Morowaty@yahoo.com

**Abstract:**
Introduction: Pain and functional limitation are specific health-related problems that can lead to the significant low quality of life and suffering from Rheumatoid Arthritis (RA). In order to help RA patients in carrying out and attaining relevant self-care behaviors and adaptation to the limitations of the disease and, consequently, promoting their level of health status, an education program based on the PRECEDE component of the PRECEDE–PROCEED model targeting patients with RA was developed. This paper describes the planning of a Rheumatoid Arthritis Patient Education Program (RAPEP) designed to promote their quality of life.

Materials & Methods: The development of the program began with a comprehensive review of the literature. This included a review of the signs and symptoms of RA, accompanying functional disabilities, previous educational programs and the effect of the disease on the patient’s QOL. Moreover, in order to help inform our program development, and organize the survey according to the factors identified in the PRECEDE model a cross-sectional survey was applied on a non-probability sample of 181 outpatients in Yazd.

Results: Based on our results regarding QOL and what was found from other studies, for the RA education program, the QOL problem identified was the significant low role functioning, health perception and physical functioning due to chronic pain. It was concluded that one of the most significant modifiable behavioral factors impacting pain and functional limitations is self-care behaviors in RA patients. Our findings suggest that higher level of knowledge, attitude, self-efficacy, enabling factors and social support is associated with better self-care behavior.

Conclusions: Planning, key to any successful public education project, must include a thorough literature review and the adoption of a conceptual framework that will systematically guide the process. The PRECEDE component of the PRECEDE–PROCEED model provided an excellent conceptual framework for the development of RAPEP targeting RA patients in Yazd. This model provided defined stages that could be systematically utilized in program planning, development and evaluation.

**Key words:** Rheumatoid Arthritis; Educational Program; PRECEDE Model

**Presentation:** Oral