

Effectiveness of Online Physical Activity Monitoring in Inflammatory Arthritis (OPAM-IA): A new model of care

PURPOSE OF THIS STUDY:

To evaluate the effect of a physical activity counselling model and use of new digital activity trackers at improving physical activity and reducing sedentary time in patients with rheumatoid arthritis (RA) or systemic lupus erythematosus (SLE).

WHO CAN PARTICIPATE?

You may be eligible to participate if you:

- Have been diagnosed with RA or SLE.
- Have no previous diagnosis of fibromyalgia.
- Have no previous experience with using physical activity wearables.
- Are able to attend a 1.5-hour education session.

WHAT IS INVOLVED?

If you are eligible for this study, you will be asked to attend an education session, use a Fitbit Flex activity tracker with a new web application, and receive counseling from a registered physiotherapist.

CONTACT INFORMATION:

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for future
generations.**



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Vancouver
CoastalHealth
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PRINCIPAL INVESTIGATOR

Dr. Linda Li

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Investigator

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STUDY TIME / DURATION

January 2017, or until expected number of participants have been reached.

STUDY LOCATION

A one-time education session at Mary Pack Arthritis Centre, Arthritis Research Canada, or a Fraser Health site; your own home.

To learn more about this study, visit vchri.ca/participate