

The Educational Needs of People with Spondyloarthropathies (AS and PSA): A Cross-Sectional Study

M.L. Marques¹, R. Ferreira¹, M. Santiago¹, A. Marques¹, P.M. Machado², J.A.P. da Silva¹, M. Ndosí³

1. Rheumatology Department, Centro Hospitalar e Universitário de Coimbra, Coimbra, Portugal
2. Centre for Rheumatology Research & MRC Centre for Neuromuscular Diseases, University College London, London
3. School of Healthcare, University of Leeds, Leeds, United Kingdom

Background: Ankylosing Spondylitis (AS) and Psoriatic Arthritis (PsA) have significant impact on patients' lives and patient education is integral to the management of the diseases.

Objectives: To assess the self-reported educational needs of patients with AS and PsA, and test differences across gender, age, disease duration and educational background.

Methods: In this cross-sectional study, patients completed the Portuguese version of the Educational Needs Assessment Tool (PortENAT). Data was then Rasch-transformed to obtain interval-level measures of their educational needs which were summarized descriptively. Univariable analyses were used to determine differences between patient subgroups.

Results: The study included 121 AS and 132 PsA patients (mean age =47.3 and 53.8 years; disease duration =15.6 and 14.4 years, respectively). Overall, patients with AS had higher educational needs than those with PsA (Table 1). On the domains' scores, age, gender and educational background had different effects in the disease groups; gender affected all domains, except treatments and support systems, with women expressing higher educational needs. Educational background had the strongest effect on overall score – higher education being related to higher educational needs.

Conclusions: The educational needs vary by disease and demographic characteristics. Assessing individual patient education needs with tools such as the PortENAT may help target individual patient education.

Disclosure of Interest: None declared.

Table 1. Educational needs by age, gender, disease duration, educational background and disease[§]

Domain (score range)	Patients	Disease	Age		Gender		Disease duration		Educational background	
			Older	Younger	Male	Female	Longer	Shorter	Lower	Higher
Managing pain (0–24)	AS	14.3±5.3	14.3±4.5	14.6±5.9	13.3±4.8*	15.6±5.5*	14.3±5.6	13.9±4.1	13.6±3.9	14.5±5.9
	PsA	13.3±6.4	12.3±7.0	14.2±5.5	12.3±6.5	14.0±6.1	13.0±6.7	14.4±5.3	11.9±6.9	15.7±5.7
Movement (0–20)	AS	10.6±3.9	10.9±3.4	10.4±4.3	9.7±3.6*	11.8±3.9*	10.9±3.9	9.5±3.3	11.0±3.3*	8.6±3.7*
	PsA	10.5±4.8	9.9±4.6	11.1±4.9	10.0±4.8	10.8±4.6	10.1±4.8	11.4±4.8	9.7±5.0	12.4±4.3
Feelings (0–16)	AS	9.6±3.8	9.5±3.4	9.5±4.0	8.6±3.8*	10.9±3.3*	9.8±3.6	9.0±4.2	10.6±3.1*	8.0±4.2*
	PsA	9.5±3.5	9.0±3.6	11.1±4.9	8.3±3.3*	10.6±3.3*	9.3±3.3	10.2±3.9	9.0±3.6*	11.4±4.8*
Disease process (0–28)	AS	18.2±5.6	17.7±5.5	18.9±5.4	17.6±5.6	19.1±5.5	18.3±5.7	19.0±5.3	17.6±5.6	17.8±5.2
	PsA	17.6±6.2	17.0±6.8	18.3±5.7	16.5±6.1*	18.6±6.0*	17.0±6.0*	19.8±6.3*	17.2±6.6	17.0±6.1
Treatments (0–28)	AS	14.6±5.2	14.0±4.3	14.9±5.9	14.0±5.1	15.4±5.2	14.4±5.3	15.0±5.1	15.5±3.9	12.9±6.5
	PsA	12.9±5.2	12.4±5.0	13.4±5.5	12.8±5.3	13.0±5.2	12.6±5.0	13.3±6.0	12.5±5.4	14.0±7.2
Self-help measures (0–24)	AS	14.8±5.3 [#]	13.5±5.2*	16.1±5.3*	14.0±5.2*	16.0±5.3*	14.8±5.2	14.9±5.7	13.2±4.6	14.4±6.2
	PsA	12.8±6.1 [#]	11.9±6.7	13.9±5.5	11.5±6.3*	14.0±5.5*	12.6±6.0	14.3±6.1	11.7±6.3*	16.8±6.1*

Domain (score range)	Patients	Disease	Age		Gender		Disease duration		Educational background	
			Older	Younger	Male	Female	Longer	Shorter	Lower	Higher
Support systems (0–16)	AS	9.3±3.6 [#]	9.0±3.3	9.7±3.7	8.8±3.6	10.1±3.5	9.6±3.4	8.8±3.6	9.6±3.2	8.2±3.1
	PsA	7.3±3.8 [#]	7.3±4.3	7.5±3.5	6.6±3.5	7.9±3.9	7.4±3.8	7.5±3.5	7.3±4.3	6.7±3.4
Total ENAT score (0–156)	AS	88.6±23.2 [#]	84.9±18.5	91.9±26.4	83.4±23.1*	96.0±21.5*	88.8±24.2	88.3±21.1	89.6±18.4	82.2±26.5
	PsA	79.7±26.5 [#]	73.8±26.7*	85.3±25.5*	75.8±28.6	83.7±23.6	77.2±26.1	87.8±26.0	73.6±26.7*	93.9±32.9*

- [§]Values are mean ± standard deviation; age subgroups based on median split; disease duration categories based on split at 25th percentile. *Significant p-value (<0.05) for that parameter within disease, [#]Significant p-value (<0.05) for difference between diseases groups.