

Co-designing a web-service for self-management of physical activity in rheumatoid arthritis

Åsa Revenäs¹, Christina H. Opava^{1,2}, Pernilla Åsenlöf³



The web-service tRAppen, for self-management of physical activity in rheumatoid arthritis (RA), can be used on computers, tablets or mobile phones.

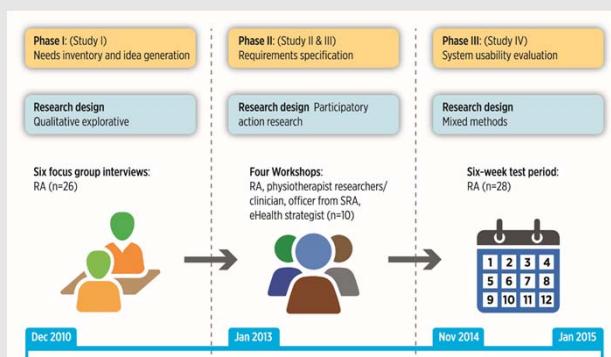
Introduction

People with chronic conditions such as RA need to self-manage their disease through-out life. To encourage people to self-manage, health care needs to provide services that offer the opportunity for people to actively involve in influencing their health.

Aim

To describe the iterative decision-making process on features to include in the web-service, the challenges of co-design and the results from the evaluation of a test version.

An action research project



tRAppen was co-designed, i.e. with active user involvement in all phases of the process, in collaboration and shared decision-making with researchers, clinicians and system developers.

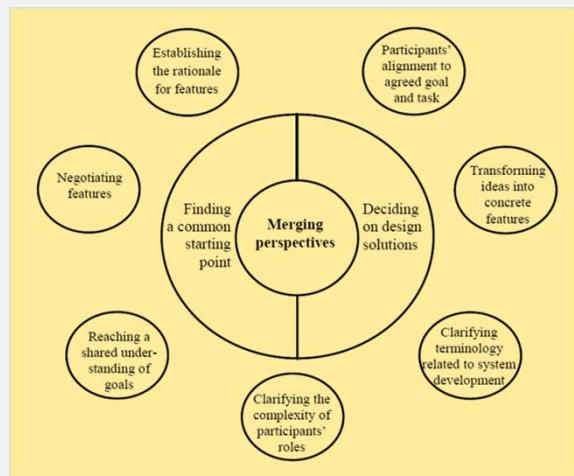
Conclusion

The co-design process was successful and resulted in the self-management service tRAppen for maintenance of physical activity.

The use of IT and mobile phones, active user involvement and combining methods from participatory design and action research might be useful for future developments of health care services.

tRAppen is available for free at <http://ki.se/nvs/trappen>
In total 14 peer groups are presently active.

Results



The core challenge of co-design was the merging of participants' perspective².

- The co-design process resulted in tRAppen that includes:
1) Peer support for encouragement, inspiration and advice, and 2) Self-regulation including personal goal setting, activity planning, monitoring and feedback^{1,3}.
- The first test version was perceived as feasible and having the potential to support a physically active lifestyle⁴.

This project is a collaboration between Karolinska Institutet, Uppsala University, the Swedish Rheumatism Association and the We+ company.

¹ Revenäs Å, Opava C, Åsenlöf P. Lead users' ideas on core features to support physical activity in rheumatoid arthritis: a first step in the development of an Internet service using participatory design. BMC Med Inform Decis Mak 2014;14(21). ² Revenäs Å, Martin C, Opava H. C, et al. A Mobile Internet Service for Self-Management of Physical Activity in People with Rheumatoid Arthritis: Challenges in Advancing the Co-Design Process During the Requirements Specification Phase. JMIR Res Protoc 2015;4(3):e111. ³ Revenäs Å, Opava H. C, Martin C, et al. Development of a Web-Based and Mobile App to Support Self-management of Physical Activity in Individuals with Rheumatoid Arthritis: Results From the Second Step of a Co-Design Process. JMIR Res Protoc 2015;4(1):e22. ⁴ Revenäs Å, Opava H. C, Ahlen H, et al. A mobile Internet service for self-management of physical activity in people with rheumatoid arthritis. Evaluation of a test version. RMDOpen 2016;2:e000214.



Karolinska Institutet

Åsa Revenäs, PhD, Physiotherapist
Division of Physiotherapy
Alfred Nobels Allé 23, 141 83 Huddinge

E-mail: asa.revenas@ki.se
Telephone: 0722- 304853



¹ Karolinska Institutet, Department of Neurobiology, Care Sciences and Society, Division of Physiotherapy, Huddinge, Sweden, ² Karolinska University Hospital, Stockholm, Sweden,

³ Uppsala University, Department of Neuroscience, Physiotherapy, Uppsala, Sweden.