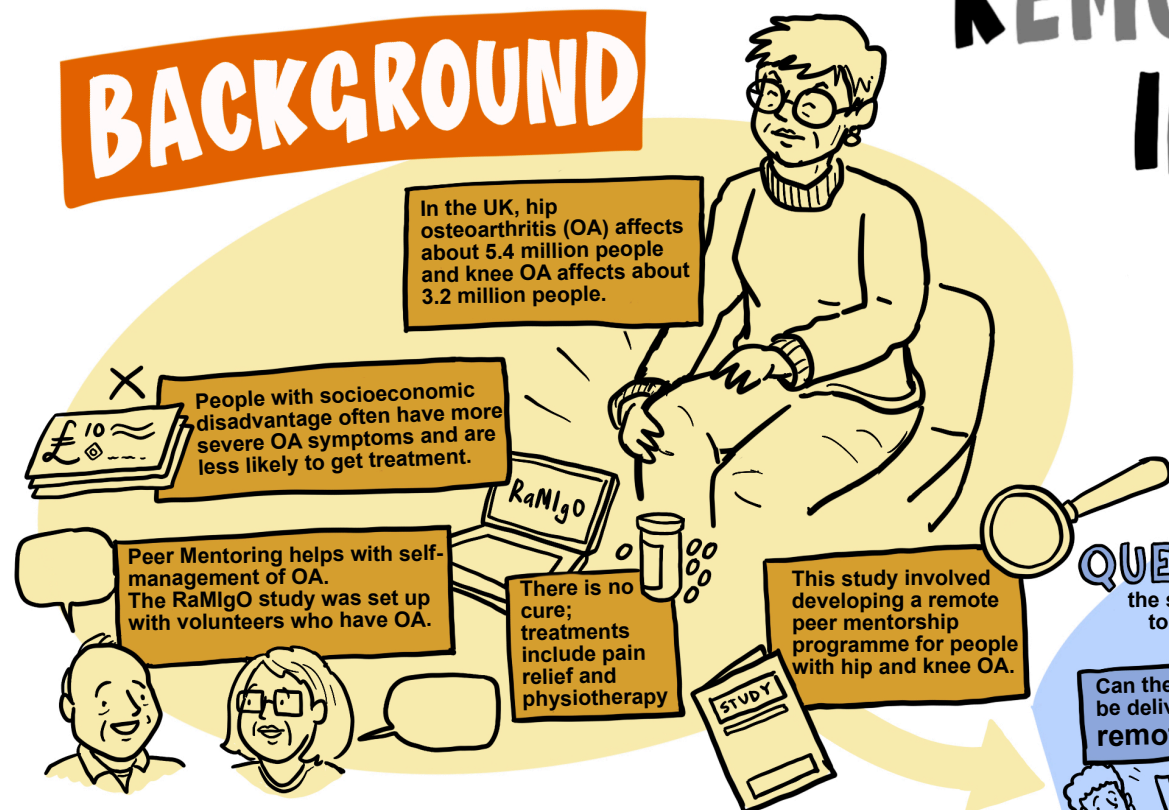


BACKGROUND



REMOTE PEER MENTORSHIP IN OSTEOARTHRITIS (RaMigO) STUDY

THE PROCESS...

KEY FINDINGS

57% of mentees completed 5 or 6 sessions.
40% completed 3 sessions or fewer.

QUESTIONS

the study aimed to answer...

Can the programme be delivered remotely?

Can it be delivered by volunteer peer mentors?

Will it be useful for people with OA who are experiencing socio-economic disadvantage

DESIGN

People with hip and knee OA helped design the programme.

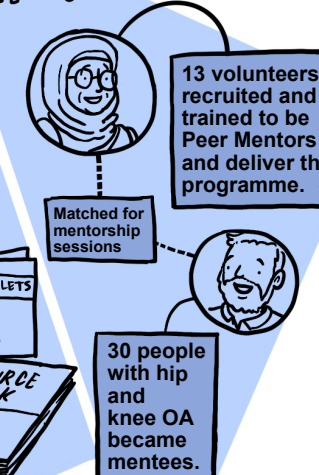


THE PEER MENTORSHIP PROGRAMME

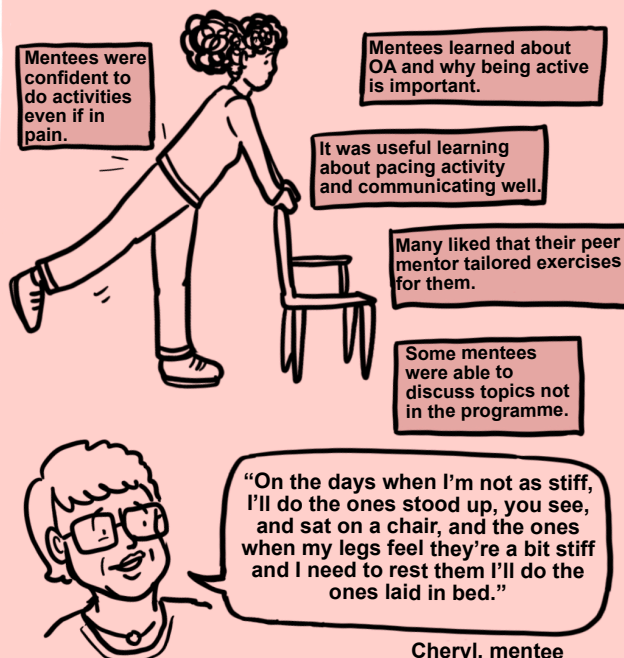
CORE TOPICS	✓
Learning about Osteoarthritis	Goal Setting
Getting Active	Eating Well
Activity Pacing	Managing Pain

OPTIONAL TOPICS	?
Getting Motivated	!!!
Relaxing and Sleeping	zzz
Communicating Well	
Having a Joint Replaced	
Getting Support for Work	£
Getting Connected	

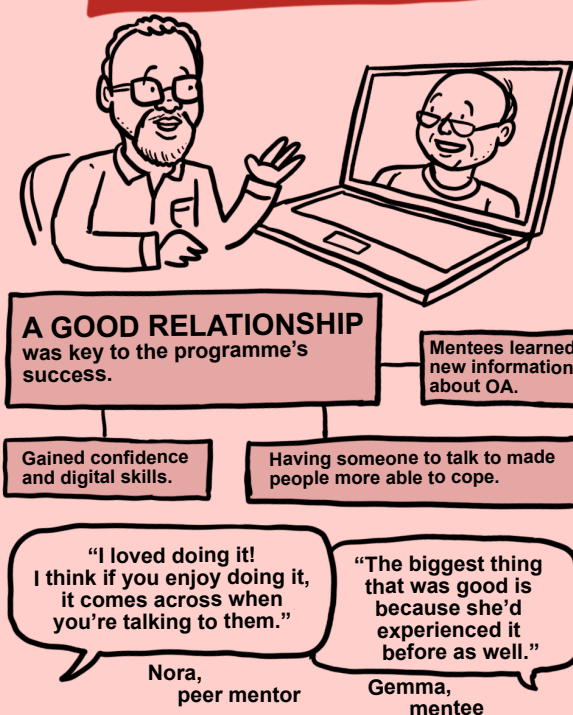
WHO?



SELF MANAGEMENT

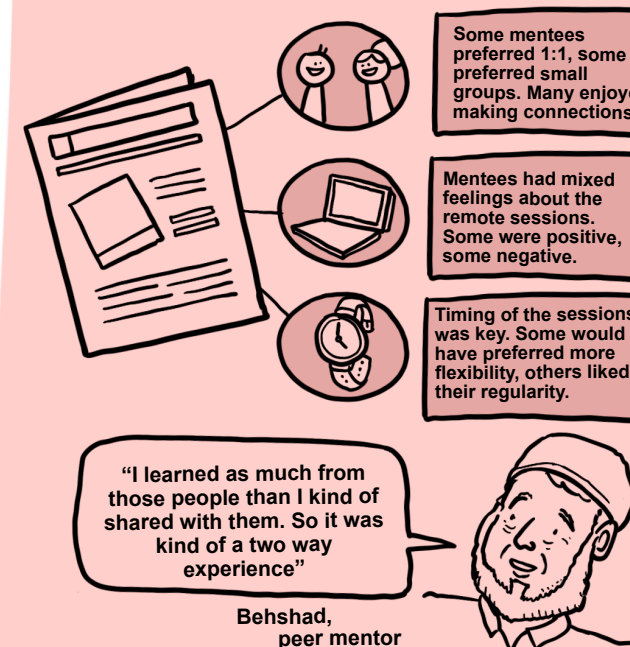


RELATIONSHIP WITH PEER MENTOR



PROGRAMME

FORMAT, DELIVERY & TIMING



Many peer mentors and mentees benefitted from taking part in the RaMigO study. Peer mentors developed mentoring and self-management skills through training and interacting with mentees; and felt more motivated to put this learning into practice. They also gained satisfaction from the progress made by their mentees.

Mentees gained knowledge; and developed skills, confidence and motivation to better self-manage their OA. A key challenge for mentees was having time and commitment to prioritise engagement with the programme.

TAKE HOME MESSAGE...