

Resource Library for Health System Pilot

I. Arthritis Appropriate Evidence Based Interventions (AAEBIs)

Resource	Audience	Source
1. <u>Self Management Arthritis-Appropriate, Evidence-Based Interventions (AAEBI)</u>	HCPs Care Coordinators Persons with Arthritis	Osteoarthritis Action Alliance
2. <u>Physical Activity AAEBI Cross-Sectional Table</u>	HCPs Care Coordinators Persons with Arthritis	Osteoarthritis Action Alliance

II. Brief Advice/ Counseling Tools

Resource	Audience	Source
3. <u>Physical Activity Resource for OA</u>	Person with Arthritis	Osteoarthritis Action Alliance
4. <u>Exercise Medicine Readiness for Change</u>	HCPs Care Coordinators	The American College of Sports Medicine
5. <u>Exercise is Medicine® Health Care Provider Resources</u> <ul style="list-style-type: none"> • <u>Exercise is Medicine® Prescription Pad</u> • <u>Exercise is Medicine® Rx for Health Sit Less Move More</u> 	General Patient Population Persons with Arthritis	The American College of Sports Medicine
6. <u>Exercise is Medicine® Being Active When You Have OA</u> <ul style="list-style-type: none"> • <u>English Version</u> • <u>Spanish Version</u> 	Persons with Arthritis	The American College of Sports Medicine
7. <u>Shared Decision Making - Patient Goals</u>	Person with Arthritis	Osteoarthritis Action Alliance
8. <u>Exercise Rx for Arthritis: Help Your Patients Find Their “FIT”</u>	HCPs Care Coordinators	Osteoarthritis Action Alliance
9. <u>Exercise Rx for Arthritis- SMART Goals</u>	Person with Arthritis	Osteoarthritis Action Alliance
10. <u>Exercise Preparticipation Health Screening Recommendations</u>	HCPs Care Coordinators Exercise Professionals	The American College of Sports Medicine
11. <u>Video: Creating Opportunities for Arthritis Control at Home (COACH)</u>	HCPs Care Coordinators	US Bone and Joint Initiative
12. <u>Video Webcast: Prescribing Physical Activity To Improve Arthritis Management (Dr. Liz Joy, MD, MPH, FACSM, FAMSSM)</u>	HCPs Care Coordinators	University at Albany

III. Additional References

1. [Exercise is Medicine® Healthcare Providers' Action Guide](#)
This is a complete guide to help healthcare providers and other healthcare professionals incorporate physical activity (PA) advice/counseling into their daily practice. This step by step guide progresses through PA promotion, PA assessment, PA prescription, and Referral as well as provides templates and tools within the Appendices.
2. [Physical Activity Guidelines for Americans 2nd Edition](#)
The guidelines are broken down by age group: Preschool-Aged Children, Children/Adolescents, Adults, Older Adults, women During Pregnancy/Postpartum, and Adults with Chronic Health Conditions and Adults with Disabilities. The PA Guidelines for Americans were updated in 2018 to include extensive knowledge of the health benefits of physical activity, including additions for benefits related to brain health, additional cancer sites, and fall-related injuries. Additions also include immediate and long-term benefits related to emotion, function, and sleep as well as further benefits for older adults and individuals with chronic conditions.
3. [Article: Lifestyle Medicine: Physical Activity](#)
Family physicians are in an optimal position to begin the conversations about PA, provide general counseling on PA using the FITT-P principle, and refer patients to community-based PA programs.
4. [Article: Call to Action on Making Physical Activity Assessment and Prescription a Medical Standard of Care](#)
This article is a "Call to Action" for clinicians and healthcare professionals to incorporate PAVs in daily practice and summarizes the recommendations developed during the consensus meeting between American College of Sports Medicine and Kaiser Permanente in April 2015.
5. [Article: Overview of Physical Activity Counseling in Primary Care](#)
In summary, this article provides perspective and guidance for how primary care providers can promote, assess, and advise/counsel using a safe, tailored, evidence-based approach to PA. Strategies for overcoming setting-specific barriers are also discussed.
6. [Article: Counseling Patients in Primary Care: Evidence-Based Strategies](#)
Effective, evidence-based counseling strategies discussed in this article include the transtheoretical (stages of change) model, the Five A's (ask, advise, assess, assist, arrange), and the FRAMES (feedback, responsibility of patient, advice to change, menu of options, empathy, self-efficacy enhancement) motivational interviewing, and BATHE (background, affect, troubles, handling, and empathy).