



## How has it helped others?

What Participants have said about the RA Self-Management course:



*"Feeling more confident about communication of problems and relieving of anxiety"*

*"Attending this programme has completely changed the way I look on life now. Before participating in the RA Self-Management Programme I had never spoken to anyone else with the disease... now I am so keen to help I have volunteered to help run an NRAS group"*

*"I began to take steps to put purpose in daily life, activities, self manage, stay well and set and achieve goals."*



*"I have developed a more positive outlook and I am feeling happier, more accepting of my condition"*



"Until I went on the self-management programme, everything about RA seemed like gloom and doom: on the course for the first time I met other people with RA and found many ways to start taking control of my condition and to start feeling positive about myself and my life."

### For more information, contact us

National Rheumatoid Arthritis Society  
Unit B4 Westacott Business Centre  
Westacott Way  
Littlewick Green  
Maidenhead SL6 3RT  
Phone: 0845 458 3969  
Email: [Enquiries@nras.org.uk](mailto:Enquiries@nras.org.uk)



nras  
National Rheumatoid  
Arthritis Society



Expert Patients  
Programme  
Community Interest Company

## The Rheumatoid Arthritis Self Management Programme

Do you have rheumatoid arthritis?  
**Learn self-management skills  
and gain more control over  
your life**



**Understand more about your  
disease and how to manage it  
with this unique programme**



nras  
National Rheumatoid  
Arthritis Society



Expert Patients  
Programme  
Community Interest Company



nras  
National Rheumatoid  
Arthritis Society



## A bit of background...

The National Rheumatoid Arthritis Society is the only patient-led charity focusing specifically on rheumatoid arthritis (RA). NRAS provide help, education and support, and campaign on behalf of those living with this disease in the UK. Since the launch of the charity in 2001, NRAS has encouraged and supported patient education and the benefits of proactive self-management, however, until now there has not been a self-management programme available which is tailored to the **specific** needs of people with RA.

The joint development, with the Expert Patients Programme CIC of this self-management programme is part of our and their commitment to patient self-management. It was developed with input and involvement at every stage from people with RA and rheumatology health professionals.



## What is self-management?

The Department of Health defines self-management as "the individual's ability to manage the symptoms, treatment, physical and psychosocial consequences and lifestyle changes inherent in living with a chronic condition".

**In practice, it's about being able to manage one's RA, the treatments and day-to-day life in the best possible and most realistic way to suit the individual in the context of *their own* life.**

*It has been an extremely worthwhile course, everyone should have the opportunity of going on it within 18 months of diagnosis*



## How can self-management help?



*"The Rheumatoid Arthritis Self-Management course can help you:"*

- ◆ Get the best from your medication
- ◆ Communicate more effectively with your healthcare team
- ◆ Learn how to better manage flares, pain and fatigue
- ◆ Understand the benefits of pacing, avoiding 'boom and bust' syndrome
- ◆ Meet others with RA and share experiences
- ◆ Set meaningful, achievable goals and action plans
- ◆ Learn how to problem solve
- ◆ Manage anxiety and depression