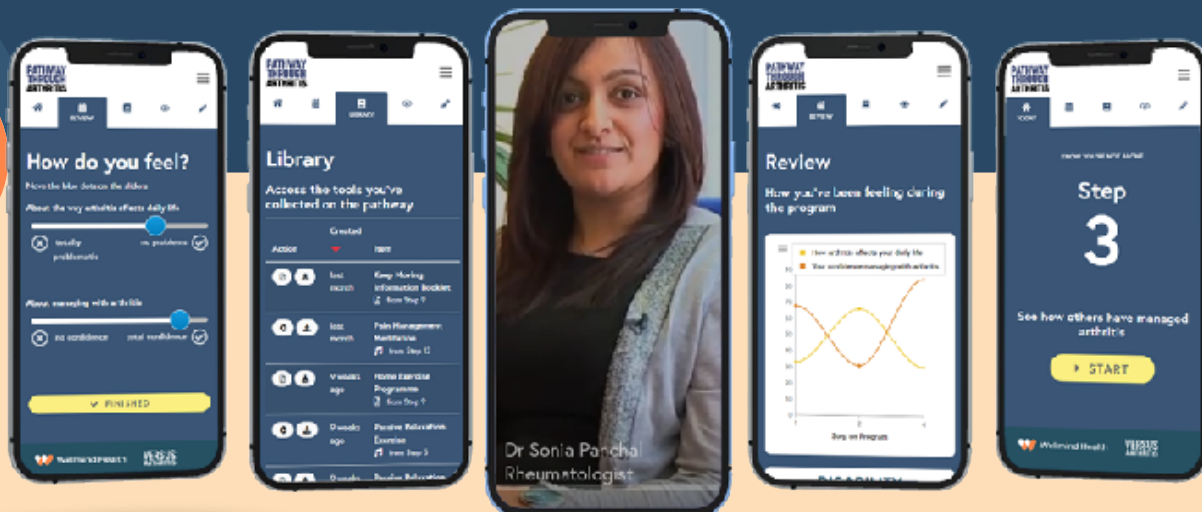


QUICK GUIDE

PATHWAY THROUGH ARTHRITIS

Pathway through Arthritis offers a quick and flexible way to support employees with challenges related to arthritis pain to remain in and be productive at work.



Pathway through Arthritis is an **effective, discreet and accessible** digital program that empowers participants with the skills and knowledge to effectively overcome barriers in the workplace.

This is achieved through the practice of pain self-management methods, and cognitive approaches learnt throughout the program.

Pathway through Arthritis can effectively complement and enhance strategies implemented by job coaches, mentors, VRCs or MHSSs.

- ✔ Quick and simple to get started
- ✔ Participants learn to recognise and reduce pain triggers
- ✔ Build positive habits to prevent escalations in pain
- ✔ Easily accessible on-demand to discretely practise skills at work
- ✔ Regular feedback to recognise progress and maintain motivation
- ✔ Reduction in anxiety, depression, and trouble with concentration



EXAMPLE RECOMMENDATIONS / JUSTIFICATIONS

Pathway through Arthritis (PTA) enables participants to personalise their program by learning what works best for their needs and circumstances to manage their pain. The following are examples of how utilising PTA might benefit different workers.

1 Office manager with pain, anxiety & stress needing time off work

Becca is an office manager whose routine work tasks include attending team meetings, administrative duties, organising events and travel for colleagues, and ensuring all equipment and supplies are maintained and well stocked. Becca has had arthritis pain for several years but was recently diagnosed and has since taken several periods off work due to pain as well as anxiety and stress.

Pathway through Arthritis will help Becca to assess and understand their needs in relation to pain management, to recognise unhelpful thoughts related to pain and self-confidence, and to know how to challenge these. Of particular use will be the stress relief techniques and the lessons around goal setting and pacing. Becca will be able to revisit exercises in PTA at work when she is struggling and particularly practice how to recognise pain triggers and communicate clearly when in pain to avoid additional stress, worry and potential work absences. Review points will allow Becca to recognise their progress and maintain their motivation to manage their pain and remain in work.

2 Warehouse operative, unable to take medication, struggling to complete full days

George is a warehouse operative whose day-to-day tasks include manual handling, driving forklifts and operating packing machinery. George currently struggles to manage full days at work due to arthritis pain and is unable to take prescribed pain medication when at work due to side effects (drowsiness, balance, concentration).

Pathway through Arthritis will support George to complete an initial assessment to understand their needs, then practice simple exercises daily to prepare for their workday and build up tolerance to be able to complete full days. PTA will teach George to review his work tasks daily and weekly, set appropriate goals and pace activities to enable them to manage full days. On days when George is struggling, they will be able to recognise pain triggers, and access and revisit the steps of the program to use pain relief techniques.

3 Hospitality worker, long drives and long hours, struggles with morning pain

Prisha works in hospitality and is on her feet all day. She also drives up to an hour to and from work each day, which often results in struggling to perform work tasks at the start of her shift due to pain.

Accessing videos and undertaking PTA exercises before leaving home and/or on first arriving at work will help minimise the impact of the commute on Prisha's day. PTA will also enable Prisha to recognise triggers and acknowledge when pain is likely to escalate, in order to revisit and practice PTA content or prioritise/reorder work tasks and better cope with pain.

4 Work-from-home analyst, struggles with pain, fatigue and poor concentration

Carlos works from home as a reporting analyst, which can involve prolonged periods reviewing documents and data on a laptop and writing reports. Carlos finds that they struggle to maintain concentration due to pain and fatigue and are falling behind with their work as a consequence.

In addition to providing home office equipment to improve posture, it is recommended that Carlos undertake the PTA program to enable them to better recognise their pain triggers and build positive habits for working from home. PTA will ensure that Carlos maintains their motivation to practice the program by sending regular emails encouraging them to practice exercises to improve concentration.

OUTSTANDING WORKPLACE OUTCOMES

14%

REDUCTION IN ANXIETY

35%

REDUCTION IN DEPRESSION

38%

REDUCTION IN TROUBLE CONCENTRATING ON THINGS

"Pathway through Arthritis is a must for anyone living in pain with these conditions. The course is hosted by different people from different perspectives and this is very engaging. The self paced modules are great as you can pause the program whilst you embed the new learning into your day-to-day life. It's also great as it only lets you learn a few steps at a time so you can't do too much. I have learned great tips to take away to support my self management. I'd recommend this course to everyone"

"Enjoyed the whole thing, the short videos were clear and to the point, I especially liked the relaxation sessions, and will go back to these. It truly helped as a reminder that self management is key, listen to your body, try to distract yourself from emotions and pain, find what works for you and do what brings you joy, there is more to us than the condition!"

"I felt quite hopeless when starting this course, but I feel that it has given me the tools I need to live life to the full despite having this debilitating condition."

MAKE A RECOMMENDATION

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FREQUENTLY ASKED QUESTIONS (FAQs)

Who is it for?

Pathway through Arthritis is suitable for anyone experiencing arthritis pain, including osteo-, rheumatoid- and psoriatic-arthritis.

The program may be particularly beneficial where support is needed to avoid prolonged periods of sickness absence or as an alternative to increased medication at work (which can cause drowsiness and poor concentration and may be prohibited in some employment settings).

How does it work?

Everyone experiences arthritis symptoms and pain differently. Pathway through Arthritis supports individuals to identify what works best for them in reducing symptoms so they can introduce these methods into their working life, do more and feel better.

The program teaches participants to effectively manage their pain and everyday work activities, through engaging expert-led video sessions, independent interactive exercises and assignments with accompanying motivational emails.

Self-assessment tools help participants recognise progress and visualise outcomes, and the resource library provides tools for ongoing self-management and practice.

How long will the program take?

Participants are guided through 23 easy-to-manage steps. Each step varies in length, averaging 15 minutes, with a recommendation to complete a few steps per week.

They can participate at their own pace, take breaks when needed, and take as long as they like to complete the program. There are also set break points throughout the program to ensure pacing, so participants don't do too much in one go.

Most people take around 8 weeks to complete the initial pathway, however, participants have access to program content for the length of their licence (typically either 1 or 3 years) and can return at any time to refresh and practice their skills as their pain needs change.

What will it do?

Pathway through Arthritis teaches participants how to effectively manage their persistent pain so that although the pain is still present they will have more confidence to manage it daily, feel emotionally stronger and be more able to cope psychologically.

Participants chart their health and wellbeing improvement by taking assessments before and after the program that measure their level of depression (PHQ-9), anxiety (GAD-7), health (EQ-VAS), and pain self-efficacy (PSEQ). This feedback helps participants to recognise progress and maintain motivation to continue practising their new skills.

Is the participants data secure?

We take data security very seriously and have achieved a number of standards to demonstrate this, including DTAC and Cyber Essentials Plus. The personal information that we collect is stored and processed in the UK (London AWS) and in accordance with the EU General Data Protection Regulation (GDPR), the UK Data Protection Act 2018 and the US Health Insurance Portability and Accountability Act (HIPAA).

For further information please view our [privacy policy](#) and [regulatory standards](#).

STEPS ON THE PROGRAM

1 GET STARTED
Welcome. Take your first step on the program.

2 REVIEW YOUR CONDITION
Take stock of how you are

3 KNOW YOU'RE NOT ALONE
See how others have managed arthritis

4 UNDERSTAND THE LIMITATIONS
Review the challenges you face

5 REST YOUR WHOLE BODY
Practise the Passive Relaxation exercise

6 BE GENTLE WITH YOURSELF
Learn from your experience with self-management

7 SET SOME GOALS
Have clear reasons for success with self-management

8 GAIN SUPPORT FROM OTHERS
Communicate better about pain and mobility

9 STRETCH YOUR BODY
Do simple exercises that improve your body condition

10 RELAX TO COMBAT PAIN
Develop your rest and relaxation skills

11 RECOGNISE UNHELPFUL THOUGHTS
Notice when thinking in an unhelpful way

12 KEEP ACTIVE
Add more exercises to your daily stretch routine

13 USE PAIN RELIEF METHODS
Develop your pain management skills

14 PACE YOURSELF
Start pacing your life on good and bad days

15 CHALLENGE UNHELPFUL THOUGHTS
Consider alternative ways of thinking

16 EAT HEALTHY
Look at ways to improve diet

17 GET ENOUGH SLEEP
Improve your approach to a good night's sleep

18 MIND HOW YOU MOVE AND STAND
Improve posture and the way you move

19 MANAGE YOUR MEDICATION
Consider the role of medications

20 DEAL WITH SET BACKS
Prepare for bad days and pain flare ups

21 SEE WHAT'S WORKING
Assess your progress

22 ENGAGE WITH THE FUTURE
Turning your self-management practise into a habit

23 KEEP GOING
Continue with all you have practised

24 FOLLOW-UP
Assess your condition one month after the program