

Exercise and Weight Management Promotion for Arthritis in Emergency Departments: A Qualitative Study Informing Implementation

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BACKGROUND

- Older adults seen in the emergency department (ED) frequently seek treatment for musculoskeletal pain, including osteoarthritis (OA)
- EDs have evolved to address health promotion, which places additional demands on ED resources and time
- Implementation of evidence-based interventions for OA in ED settings requires personnel engagement and co-design

Goal: Inform the development and implementation of an ED-specific weight management and exercise prescription program (ED-WEPP) for OA

METHODS

- Interview guides informed by the Pragmatic Robust Implementation Sustainability Model (PRISM)
- Semi-structured interviews with Veterans, providers and hospital administrators
- Questions explored multiple perspectives on barriers and facilitators for ED-WEPP implementation
- Mixed inductive-deductive approach to create a comprehensive codebook

DISCLOSURES

This research was funded by the Emergency Medicine Foundation. The investigators retained full independence in the conduct of this research. The views of this poster are the authors' own and do not necessarily reflect those of the Department of Veterans Affairs.

REFERENCE

Glasgow RE, Trinkley KE, Ford B, Rabin BA. The Application and Evolution of the Practical, Robust Implementation and Sustainability Model (PRISM): History and Innovations. *Glob Implement Res Appl*. 2024;4(4):404-420.

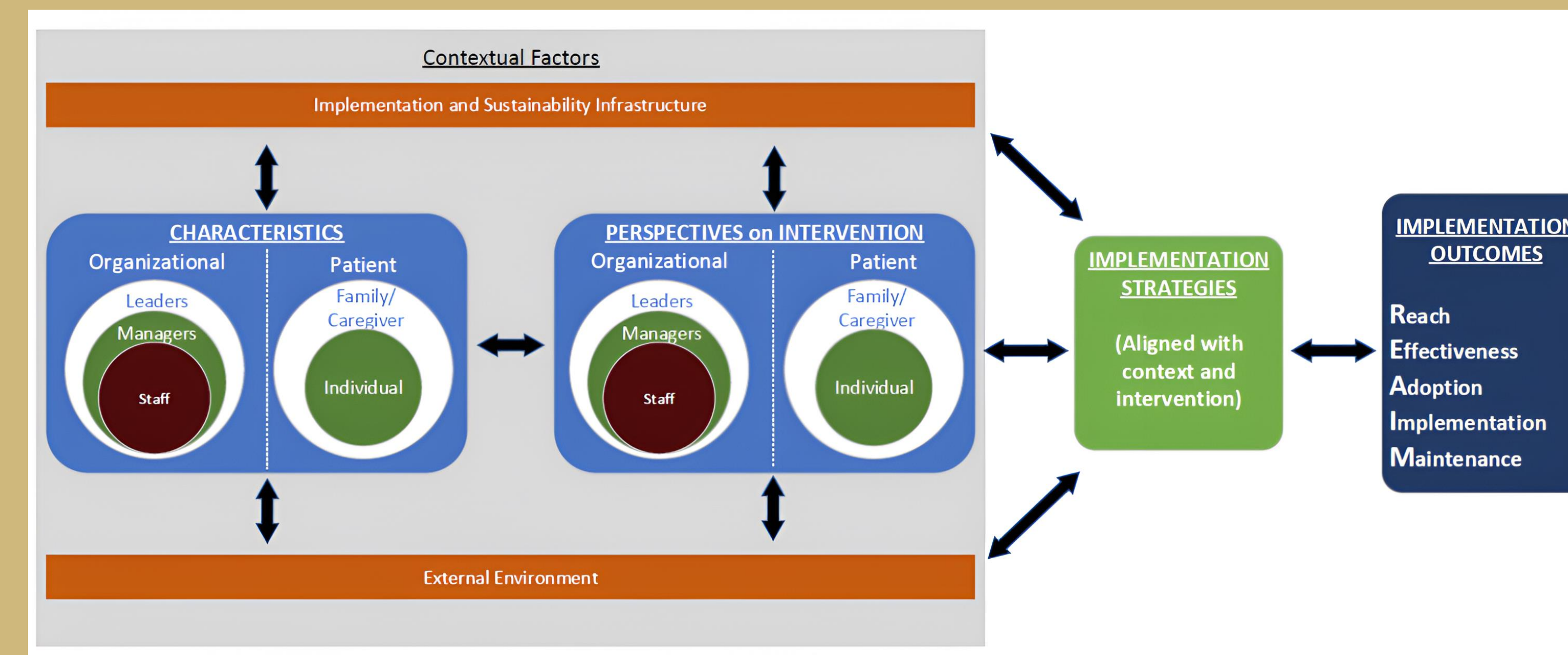


Figure 1. Updated Pragmatic Robust Implementation Sustainability Model¹

IDENTIFIED PRISM DOMAINS

- Organizational characteristics**
- Individual characteristics**
- Implementation and sustainability infrastructure**

RESULTS

Convenience sample at two medical centers, Rocky Mountain Regional VA Medical Center and University of Colorado, in Aurora, CO

6 ED patients who had a VA ED visit for non-traumatic knee pain in the last 6 months

9 ED staff (physician, nurse practitioner, social worker, physical therapist)

4 ED administrators

Four key themes emerged:

- 1) Provider education to support program adoption
- 2) Logistical support to facilitate referral and care coordination
- 3) Program tailoring to suit specific ED needs
- 4) Organizational culture of communication and teamwork that supports health promotion

CLINICAL RELEVANCE

- ED logistics, organizational culture, and education for both ED personnel and patients are important factors that support adoption and implementation
- The ED serves unique populations, and critical contextual factors should inform implementation design
- ED-WEPP is an opportunity to address care needs for older adults with OA

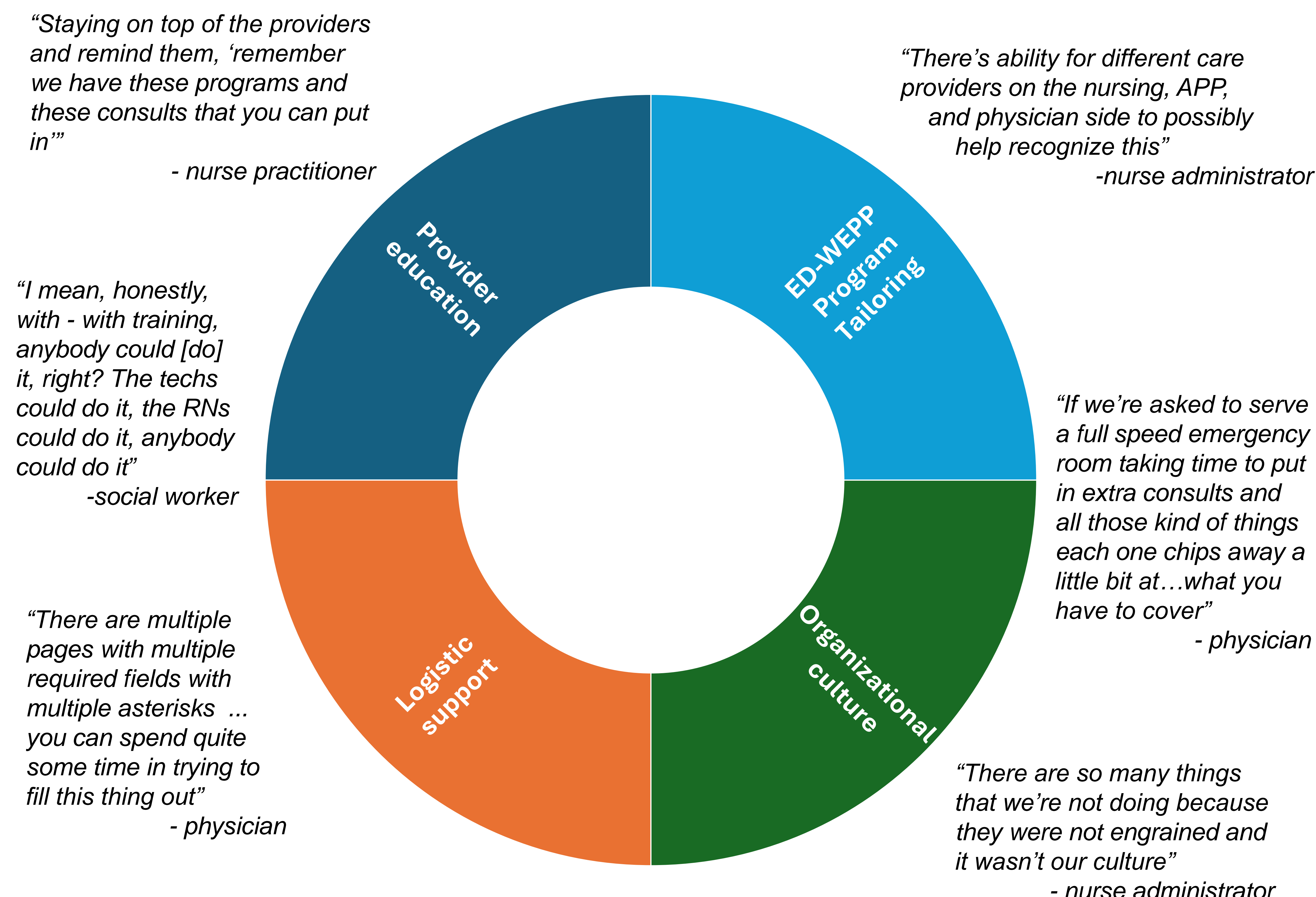


Figure 2. Key thematic results

