



Lupus Engagement through Activity and Digital Resources (LEADR) Toolkit

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RESOURCES

LEADR Toolkit

To support the promotion and recommendation of physical activity to patients with lupus, the ACR received federal funds from Office of Minority Health to develop LEADR, a digital coaching program and provider toolkit, including messages.

WHAT IS THE TOOLKIT?

A resource for providers who serve people living with lupus to promote physical activity

HOW WAS THE TOOLKIT CREATED?

We developed draft messages with facts about physical activity and lupus based on findings from focus groups with providers. Then, we copy-tested the messages with providers before creating the final messages



LEADR Toolkit

To support the promotion and recommendation of physical activity to patients with lupus, the ACR received federal funds from Office of Minority Health to develop LEADR, a digital coaching program and provider toolkit, including messages.

WHY IS THIS IMPORTANT?

Physical activity is important for patients with lupus, and providers need to know about the benefits of physical activity for patients, the importance of their participation in making referrals, and the availability of digital health coaching programs

WHO SHOULD USE THE TOOLKIT?

Providers who serve people living with lupus



Frequently Asked Questions (FAQS)



HOW CAN PHYSICAL ACTIVITY SUPPORT PATIENTS WITH LUPUS?

Exercise results in decreased depression, enhanced quality of life, improved cardiorespiratory capacity, and reduced fatigue for patients with lupus.



HOW DO I KNOW WHAT TYPE OF PHYSICAL ACTIVITY IS BEST?

Different patients benefit from different types of physical activity and have various abilities. Consider referring patients to customizable physical activities, such as digital health coaching programs, or alternative methods of physical activities, such as walking around a mall or joining the YMCA.




WHERE SHOULD I START?

Lupus patients need more education around the benefits of physical activity, including how to properly exercise, the benefits of exercising, which exercises are highly recommended for lupus patients, and how to avoid injuries and manage side effects. We recommend starting here!

Patient-Facing Messages

Share this message with your patients with lupus to make them aware of the benefits of physical activity



**MANAGE
LUPUS
YOUR WAY
AT HOME!**

Physical activity can improve your quality of life and help control physical complications related to lupus. Talk with your doctor to learn more about physical activity opportunities in your community.

AMERICAN COLLEGE
of RHEUMATOLOGY
Empowering Rheumatology Professionals

the
lupus
initiative

We provide the message in a variety of formats, including:



Email



Social media



Hardcopy

TO ACCESS/SHARE THE MESSAGE, VISIT:

<https://bit.ly/LEADRPatientMessage>



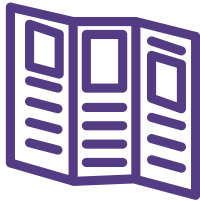


Recommendations for Providers

How To Share Messages With Patients

PRINT AND HARDCOPY

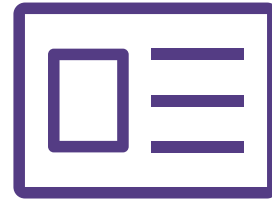
We recommend sharing the messages as:



Pamphlets



Handouts



Pocket cards

We recommend placing the messages:



At the front desk



In common workspaces



In patient rooms

Recommendations For Talking With Patients



Emphasize how physical activity can help prevent disability, maintain joint function, and reduce symptoms



Share that although physical activity cannot replace medication, it is a good, non-medical approach to managing lupus



Learn about your patients' lives and social history - this will help you understand barriers to physical activity



Recognize your patients' barriers to physical activity, such as where the patient lives, their economic status, and their childcare status



Think about the specific needs of your patients and recommend physical activity that would benefit that patient



Recommend physical therapy and/or alternative methods of physical activity, such as walking around a mall with friends



Support your patients and encourage them during their physical activity journey

Resources On Physical Activity



Visit the following links to learn more about lupus self management and physical activity to manage lupus symptoms:

Self-Management Resources:

<https://bit.ly/3ybzdI8>



Management of Physical Symptoms:

<https://bit.ly/3Tc2SsP>



Lifestyle Management:

<https://bit.ly/3yd046k>



Provider Support:

<https://bit.ly/3CaaWTM>



Communication Management:

<https://bit.ly/3C6399l>



Healthcare Provider Page:

<https://bit.ly/3Eg7tG7>



Resources for Providers:

<https://bit.ly/3fl5aBl>

