

# Optimising self-management interventions for people experiencing socioeconomic disadvantage: learning from an osteoarthritis peer mentorship project

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## 1 Purpose



People experiencing socioeconomic disadvantage face health inequities, such as an increased risk of long-term conditions and barriers to self-managing their conditions [1, 2].



We recently developed and evaluated an osteoarthritis peer mentorship intervention with and for people experiencing socioeconomic disadvantage [3, 4].



The aim of this poster is to share our learning about optimising self-management interventions for people experiencing socioeconomic disadvantage.

## 2 Methods

Our project involved the stages shown in the flow chart [3, 4]. Our team of Patient and Public Involvement members and researchers reflected on the project findings and our experiences to identify lessons learned.



## 3

### Results – lessons learned about optimising self-management interventions for people experiencing socioeconomic disadvantage

#### Recruitment approaches

- Use community ambassadors and diverse imagery.
- Explain what socioeconomic disadvantage means.
- Address concerns about interventions e.g., taking part may affect people's receipt of welfare benefits.

#### Intervention content

- Offer relevant, accessible and inclusive resources.
- Ensure recommended actions are not costly.
- Make the content appropriate for diverse cultures.
- Enable the content to be individually tailored.

#### Intervention delivery

- Train peers to deliver interventions.
- Offer support where needed e.g., digital support.
- Maximise flexibility with the timing of delivery.
- Offer interventions alongside other health services.

"The best thing I got out of this was speaking to [peer mentor] because she knows what it's like. [...] She's got the personal knowledge which I think is 100% better than speaking to someone who's just got the textbook."

Mentee interviewed after receiving the peer mentorship intervention

## 4 Conclusion

Key areas to consider to optimise self-management interventions for people experiencing socioeconomic disadvantage

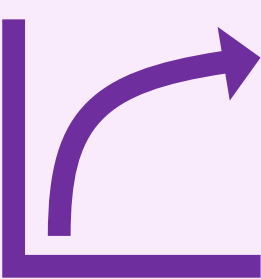
- Recruitment
- Content
- Delivery

Our lessons learned were developed in a single project. Future work is needed to explore their transferability to other interventions and contexts.

## 5 Implications



Our lessons learned could help inform self-management interventions for people experiencing socioeconomic disadvantage in future research and the real world.



This could ultimately help to:

- improve the health and wellbeing of people experiencing socioeconomic disadvantage
- tackle health inequities.



For references, more information and feedback options, please scan the QR code or contact Anna Anderson via [A.Anderson@leeds.ac.uk](mailto:A.Anderson@leeds.ac.uk). Registration: ISRCTN78088278. Ethical approval : 23/WM/0108.

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