Co-designing a web-service for self-management of physical activity in rheumatoid arthritis

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Introduction
People with chronic conditions such as RA need to self-manage their disease throughout life. To encourage people to self-manage, health care needs to provide services that offer the opportunity for people to actively involve in influencing their health.

Aim
To describe the iterative decision-making process on features to include in the web-service, the challenges of co-design and the results from the evaluation of a test version.

An action research project

The web-service tRAppen, for self-management of physical activity in rheumatoid arthritis (RA), can be used on computers, tablets or mobile phones.

Conclusion
The co-design process was successful and resulted in the self-management service tRAppen for maintenance of physical activity.

The use of IT and mobile phones, active user involvement and combining methods from participatory design and action research might be useful for future developments of health care services.

tRAppen is available for free at http://ki.se/nvs/trappen
In total 14 peer groups are presently active.

Results

The core challenge of co-design was the merging of participants’ perspective 2.

• The co-design process resulted in tRAppen that includes:
  1) Peer support for encouragement, inspiration and advice, and
  2) Self-regulation including personal goal setting, activity planning, monitoring and feedback1,3.

• The first test version was perceived as feasible and having the potential to support a physically active lifestyle4.

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1. Revenäs A, Opava C, Åsenlöf P. Lead users’ ideas on core features to support physical activity in rheumatoid arthritis: a first step in the development of an Internet service using participatory design. BMC Med Inform Decis Mak 2014;14(21)

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