

## Case study 3

### Involving patients in creating a disease specific self management programme

The National Rheumatoid Arthritis Society (NRAS) and Expert Patient Programme CIC jointly developed the Rheumatoid Arthritis Self-Management Programme (RASMP) which is a disease-specific self-management programme for adults who are currently being treated for autoimmune inflammatory disease (rheumatoid arthritis (RA)). The programme has been developed with input and feed-back from people living with RA and rheumatology health professionals at each stage. The pilot evaluations for RASMP have shown very encouraging outcomes and a clear increase in the acquisition of health-related skills and techniques with which to manage symptoms. [www.expertpatients.co.uk/](http://www.expertpatients.co.uk/)