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Key finding

Co-adapting interventions with patient partners ensures relevance, acceptability, and usability in new cultural and clinical contexts

Adapting digital interventions to new conditions and contexts: the role of patient & public involvement in the adaptation of the Making it Work™ programme

INTRODUCTION & OBJECTIVES

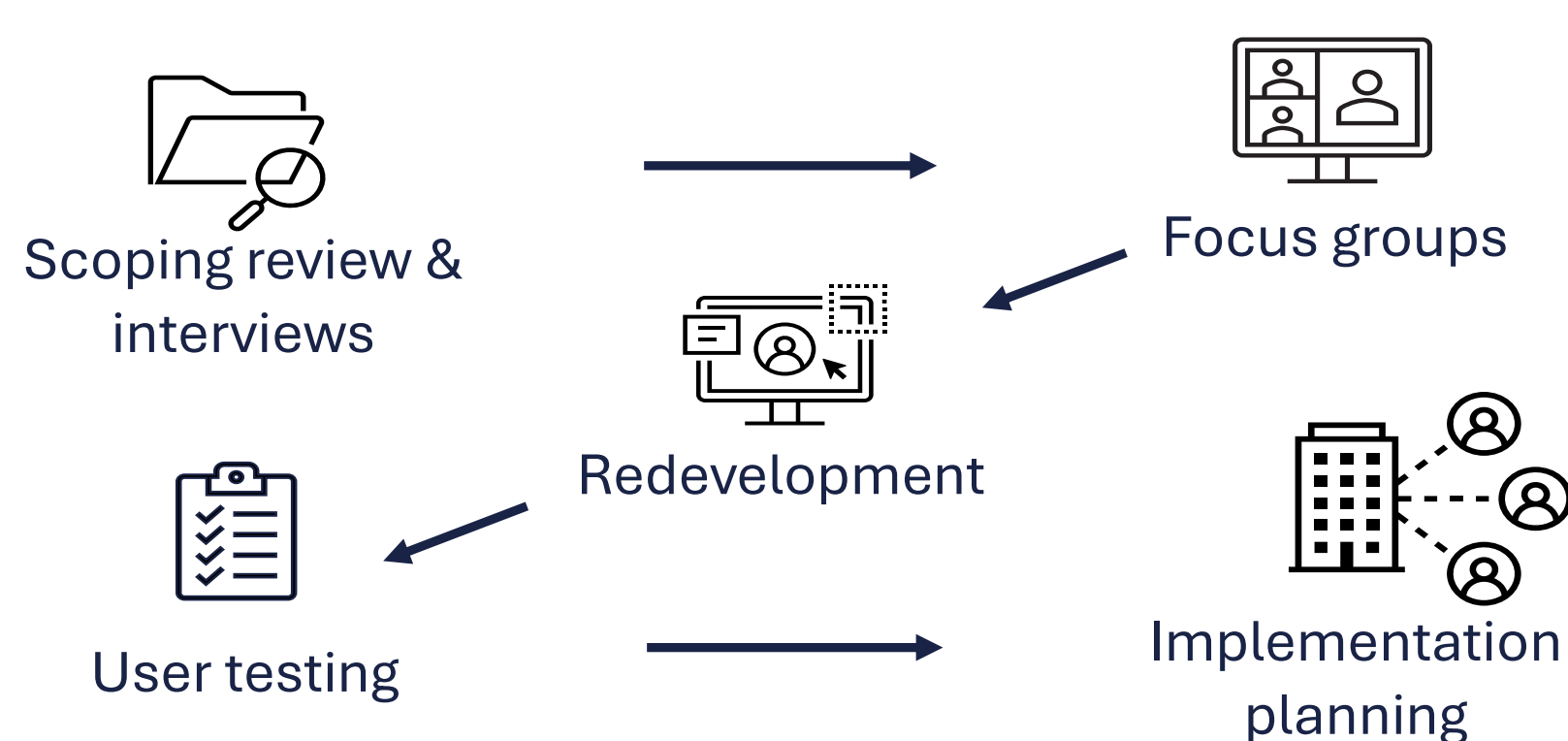
Musculoskeletal (MSK) conditions can impact work ability. Making-it-Work™ (MiW) is an **online self-management programme** developed in Canada to support people working with inflammatory arthritis (IA). A randomised controlled trial showed the programme **improves work ability** and **reduces sickness absence**.

This project aimed to adapt the Canadian programme to:

- ✓ Include a wider range of MSK conditions;
- ✓ Be relevant to UK healthcare and legal frameworks;
- ✓ Be relevant for a wider range of working circumstances

METHODS

We adapted the programme using a process informed by ADAPT guidelines for the adaptation of interventions. We expanded the framework within each step by embedding an iterative process of ‘co-adaptation’ with patient partners.



RESULTS: KEY CHANGES TO THE PROGRAMME

Working with a core group of three project patient partners and a user-testing panel of 20 individuals with lived experience of working with MSK conditions we identified important key changes to make to the programme.

Structure & Navigation

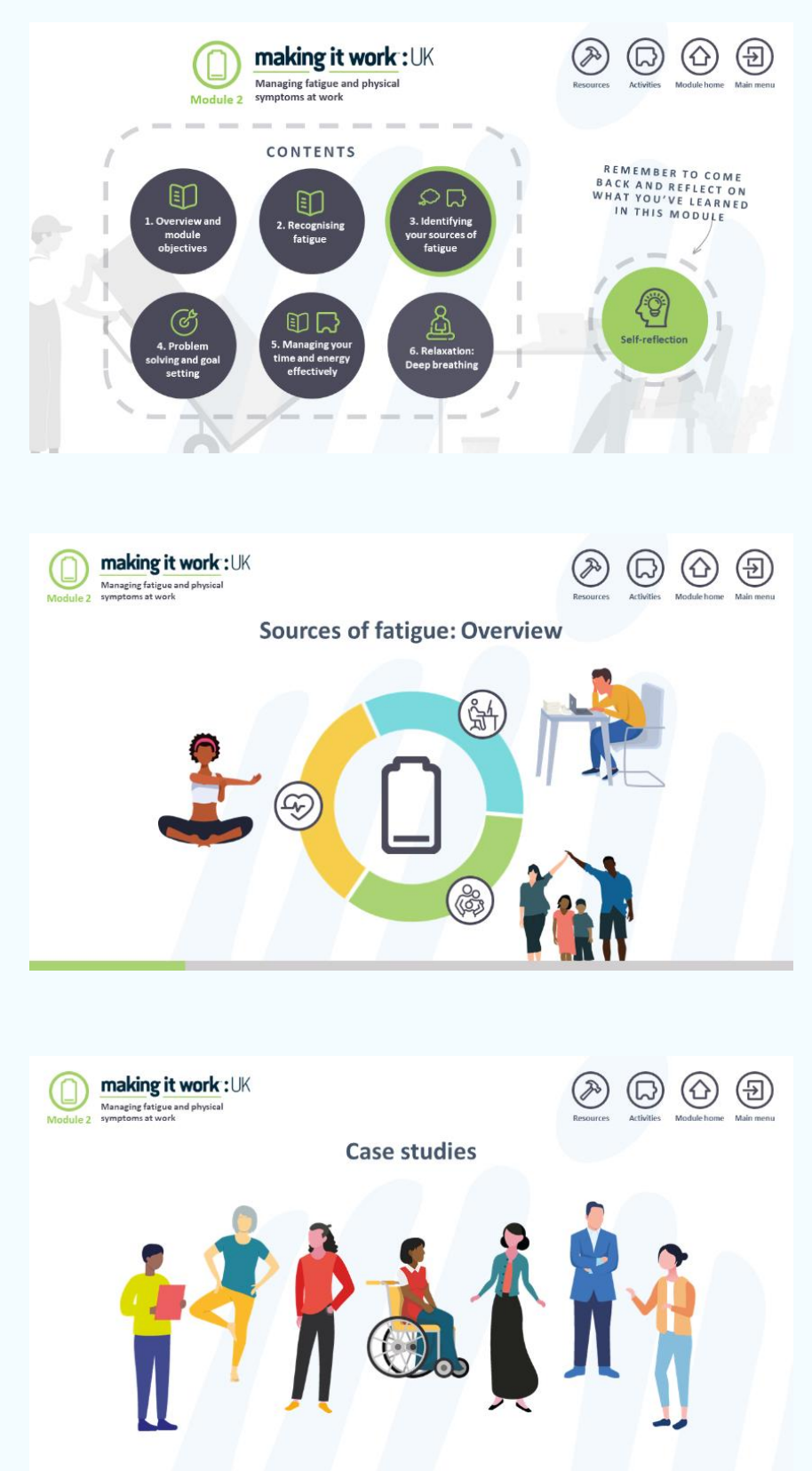
- Modular format
- 100% digital

Branding & Design

- Modernised, simple design
- Prioritisation of narration (vs on-screen text)

Adapted content

- Removal of IA-specific info
- More info about effects outside of work and the impact of these on work
- More inclusive: wider range of conditions and occupational settings
- Signposting to UK resources



NEXT STEPS

We are exploring ways to make the adapted MiW intervention easily available to the public and using what we’ve learned to help adapt MiW for use in other countries, like New Zealand.