ENACT is supported by funding though the National Institute on Disability and Rehabilitation Research (NIDRR) to serve as a center of excellence for advancing arthritis research and training. Award No. H133B100003

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ENACT enhances the lives of people with arthritis by developing, participating in, and delivering effective, evidence-based community education programs.

These programs include Arthritis Foundation Exercise Classes, community activity programs, and community health forums, where experts present information about arthritis to underserved individuals in the community.

ENACT’s partnership with the Arthritis Foundation allows both groups to maintain a strong focus on consumer issues.

ENACT’s Active Living with Arthritis Podcast series provides expert strategies for becoming physically active with arthritis

“ENACT brings together students, faculty, and researchers from across Boston University who share a common goal to enhance the lives of people with arthritis through research, education, and training”

Dr. Julie Keysor, Pt, PhD, ENACT Center Director

The NIDRR Arthritis Rehabilitation, Research and Training Center
About ENACT

ENACT is a research, training, and outreach center that brings together experts in arthritis research and clinical practice at Boston University.

Our Philosophy
Effective interventions are greatly needed to allow people with arthritis and other rheumatic conditions such as lupus, fibromyalgia and scleroderma to fully engage in their daily, work, and social activities. ENACT addresses this critical need through interdisciplinary research, training, and educational programs.

Our Mission
To change the focus of arthritis research and intervention from disease and limitation to one emphasizing active living and participation.

Our Objectives
• Improve the lives of people with arthritis by providing resources for consumers, practitioners, and researchers.
• Deliver effective, evidence-based education and training programs.
• Train the next generation of clinicians and research scholars.
• Develop and test innovative interventions that promote active living and participation in home, community and work roles.

Resources for Practitioners

ENACT is dedicated to promoting evidence-based quality care for arthritis rehabilitation professionals through the following media:

Continuing Education:
We offer training for practitioners through webinars and training courses to promote the translation of research into clinical practice. Archived resources are available on our website.

Assessment:
ENACT’s own assessment tools help rehabilitation practitioners identify and address barriers to physical activity and are available at bu.edu/enact.

Practice:
Using our monthly podcast series, practitioners can introduce discussion about becoming active into the clinical setting.

Use ENACT resources to enhance your practice:
• Introduce discussion about physical activity into the clinical setting
• Help patients access community programs and stay engaged in work and daily life
• Incorporate patient education materials like podcast recordings

Research Activities

Supporting research efforts to develop and assess how well interventions work to reduce disability, promote activity and participation, and identify strategies to promote work retention is central to ENACT’s mission. ENACT supports research projects that are directly related to our mission.

ENACT Research Projects currently in progress:

The Work It Study: “Efficacy of a Modified Vocational Rehabilitation Intervention for Work Disability” is a randomized controlled trial examining the effects of two approaches on work disability outcomes.
  Principle Investigator: Julie J. Keysor, PT, PhD

The BOOST Study: “Can computer-based telephone counseling improve long-term adherence to strength training in elders with knee osteoarthritis?” is a randomized controlled trial of a novel physical activity adherence program for older adults with knee OA.
  Principle Investigator: Kristin Baker, PhD

The Knee Replacement Study: “Community and Home Participation after Total Knee Replacement” is an epidemiological and qualitative study examining factors associated with poor participation outcomes post total knee joint replacement.
  Principle Investigator: Jessica Maxwell PT, DPT