# Implementation of physical activity recommendations in people with axial spondyloarthrtis

Rausch Osthoff, A.K.

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Acknowledgements

# List of Publications

***Publications in peer-reviewed journals***

Vogt U, **Rausch Osthoff AK**, Niedermann K. Welche Kommunikationstechniken sind bei Physiotherapeut*innen während einer Bewegungsberatung mit Personen mit axialer Spondyloarthritis identifizierbar? physioscience. *Accepted July 2022*

**Rausch Osthoff AK**, Nast I, Niedermann K. Understanding beliefs related to physical activity in people living with axial spondyloarthritis - a theory-informed qualitative study. BMC Rheumatology 2022; 6 (1):40

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**Rausch Osthoff AK**, Baur H, Reicherzer L, Wirz M, Keller F, Opsommer et al. Physiotherapists' use and perceptions of digital remote physiotherapy during COVID-19 lockdown in Switzerland: an online cross-sectional survey. Arch Physiother. 2021; 11(1):18

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without mild impaired cognition - A systematic review and network meta-analysis. Ageing Res Rev. 2018; 45:1-14

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**Rausch Osthoff AK**, Taeymans J, Kool J, Marcar V, van Gestel AJ. Association between peripheral muscle strength and daily physical activity in patients with COPD: a systematic literature review and meta-analysis. J Cardiopulm Rehabil Prev. 2013;33(6):351-9

***Other Publications***

**Rausch Osthoff AK** Barrieren für die evidenzbasierte Praxis in der Physiotherapie. Editorial. Physioscience. *accepted August 2022*

**Rausch Osthoff AK** Evaluation von körperlicher Aktivität. Chapter in: Physiotherapie bei chronischen Atemwegs- und Lungenerkrankungen – Evidenzbasierte Praxis. 3. Auflage. Springer Verlag Berlin. *Accepted May 2022*

**Rausch Osthoff AK,** Steier J. Lebensqualität. Chapter in: Physiotherapie bei chronischen Atemwegs- und Lungenerkrankungen – Evidenzbasierte Praxis. 3. Auflage. Springer Verlag Berlin. *Accepted May 2022*

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**Rausch Osthoff AK**, Reicherzer L, Stahn M, Wirz M, Zukunftsmodell Telephysioherapie – ein Überblick für die Schweiz. Physioactive 2022; 2

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**Rausch Osthoff AK,** Bruderer-Hofstetter M. Exercise is medicine – eine globale Gesundheitsinitiative. Editorial. Physioscience 2019; 15:49-50

**Rausch Osthoff AK,** Bauer C, Wirz M. Keep record! Zukunftsvision: die standardisierte, elektronische Dokumentation von physiotherapeutischen Leistungen. Editorial. Physioscience 2020; 16: 145-146

**Rausch Osthoff AK** Ethik in der Physiotherapie. Editorial. Physioscience 2016; 12. 1-2

## Curriculum Vitae

Anne-Kathrin Rausch was born on 12th November 1984 in Offenbach am Main, Germany. After graduating from high school (private Gymnasium Canisianum, Lüdinghausen), she studied physiotherapy at the Hochschule Fresenius Idstein (DE), which was one of the first Universities of Applied Sciences in Germany to offer the opportunity to obtain a Bachelor of Science in European Studies, in cooperation with the Hogeschool Utrecht (NL). During her bachelor studies, she earned the propaedeutic, attaining a teaching licence in the federal state of Hessen. Additionally, she worked at the physiotherapy clinic of the Olympic Centre Frankfurt-Rhein-Main. In 2008, Anne-Kathrin wrote her bachelor thesis on a small study investigating the electromyographic activity of the pelvic floor during horse riding. This experience awoke her interest in research. Consequently, she decided to continue her studies with a Masters' degree. Two years later, after gaining additional clinical experience working as a physiotherapist at an outpatient clinic in Aarau (Switzerland), she registered for an MSc in Physiotherapy at the Zurich University of Applied Sciences (ZHAW). This was the first course of its kind in Switzerland. The part-time programme ran for three years and included two short-term internships at the Maastricht University (NL), Department for Epidemiology and the George Institute for Global Health (AUS), Musculoskeletal Division. At the George Institute, she worked on the PEDro project, led by Anne Mosely, initiating the inclusion of German randomized controlled studies into the Physiotherapy Evidence Database. In 2013, Anne-Kathrin wrote her Master thesis at the University Hospital Zurich (USZ), Department of Pulmonology, supervised by Prof. Dr. Arnoldus van Gestel, on the association between peripheral muscle strength and daily physical activity in patients with chronic obstructive pulmonary disease.

In 2012, Anne-Kathrin started working as a research fellow in the Research & Development department, Institute of Physiotherapy, at the ZHAW. Since then, she has been involved in many research projects related to various fields of physiotherapy, applying qualitative and quantitative methods. Anne-Kathrin's main research focus is on the promotion of physical activity in people with chronic conditions. As a consequence, in 2015, she became a part-time PhD student at the Leiden University Medical Center (LUMC), supervised by Prof. Dr. Thea P.M. Vlieland and Prof. Dr. Karin Niedermann (ZHAW). Her PhD studies have focussed on physical activity promotion in the field of rheumatology. She was introduced into the network of EULAR Health Professionals in Rheumatology (HPR) by both supervisors. Currently, Anne-Kathrin is a member of the EULAR HPR representation committee and HPR liaison in the EULAR patient representation committee (PARE). She has presented her work at many national and international conferences. Anne-Kathrin is member of the editorial board of 'Physioscience' (Thieme), a journal promoting physiotherapy-related research in German. Since Spring 2022, she is responsible for the focus area "physical activity" of the Master of Science in Physiotherapy at the ZHAW.

Anne-Kathrin lives in Zurich, Switzerland, with her husband Stefan and their three children Johanna (2014), Samuel (2015) and Lorenz (2019).

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Conducting patient-related research is dependent on finding study participants. Therefore, I am grateful to all patients and physiotherapists for their support and commitment. My thanks also go to the staff of the Schweizerische Vereinigung Morbus Bechterew, led by René Bräm, for their trust in me and their willingness to innovate.

My team at the ZHAW have given me their continuous support and always shown interest in my work. I am especially grateful to the head of research, Prof. Dr. Markus Wirz for his “open door at any time” policy. To Christa Wachter for her down-to-earth view on research and her humour, to André Meichtry for his critical thinking and essential statistical support, to Markus Ernst for his R-tricks, to Prof. Dr. Irina Nast for her support on qualitative methods and her critical review of this thesis, to Leah Reicherzer for the coding-support, to Dr. Lea Ettlin and to Dr. Marina Bruderer-Hofstetter for their critical feedback on the thesis.

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Without the support of my family, this thesis would not exist. Thank you for your continuous encouragement, interest and support. Having three small kids challenged my PhD trajectory. My parents, parents-in-law, Bernadette, and Stefan: you accompanied me to conferences and meetings at the ZHAW, Lisbon, Enschede and other places, cuddling the babies in side rooms or running the show at home while I was working. Thank you for your fantastic efforts and infinite patience.

I owe my deepest thanks to my husband Stefan and our children Johanna, Samuel, and Lorenz. Your love, humour and understanding gave me the means to overcome the challenges of this thesis. You have always reminded me that real life cannot be celebrated in front of the computer. Thank you.