

## **WONCA World Rural Health Conference 2022**

### **Conference Workshop Abstract**

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**Subtheme:** Strengthening community systems and effecting change

#### **Title**

Clinical guidelines for chronic musculoskeletal hip and knee pain – a workshop focusing on exercise and education for osteoarthritis and degenerative joint changes.

#### **Aim**

The purpose of this workshop is to improve knowledge and skills related to management of osteoarthritis and degenerative meniscal tears in clinical practice and community healthcare. Osteoarthritis is a leading cause of disability among Irish adults and the fastest growing health problem in the world. The individual and societal cost is substantial, while the disease burden is increasing due to earlier onset, an ageing population and a prevailing passive 'wait and replace' approach to disease management. Clinical guidelines state that exercise, education and weight loss (where needed) should be offered as first line of treatment to all patients with osteoarthritis. In reality, only 40-50% of patients receive an appropriate referral or recommendation to exercise and/or education and people with degenerative meniscal tears are frequently referred for surgical opinion. A paradigm shift is required to view osteoarthritis as a chronic condition, where prevention and early comprehensive care models are the accepted norm, as is the case with other chronic diseases. This workshop aims to address current barriers and solutions to provision and access of recommended care for all patients with osteoarthritis.

#### **Format**

The workshop will be delivered by academic and clinical GPs and physiotherapists with interactive theoretical and practical components and insight into patient perceptions of osteoarthritis management. This will be achieved using a combination of presentations, videos, small group discussion and functional test and exercise demonstrations. Attendees will be encouraged to actively participate in some exercise test examples e.g. 30-second chair stand test.

#### **Content**

The workshop will include:

- Evidence-based management of osteoarthritis and degenerative meniscal pathologies;
- Examples of care including the Good Life with osteoArthritis Denmark (GLA:D) initiative;

- Interactive practical tests and examples of neuromuscular exercise training;
- Discussion of barriers and solutions to exercise referral/prescription in general practice and equitable access for patients across community health settings.

### **Intended audience**

The target audience are general practitioners and other healthcare professionals who wish to provide or learn of evidence-based options that improve quality of life and reduce long-term progression of joint disease such as osteoarthritis.

### **What do you hope to achieve as an outcome after the workshop ends?**

Attendees will understand the latest evidence for exercise, education, weight loss, pharmacological and surgical management of osteoarthritis. They will be equipped with an evidence-based toolbox to provide proactive care for patients across all ages and stages of disease. They will increase confidence in skills to empower patients to improve function and self-manage pain, thus reducing progression of disease and need for surgical intervention.

### **Room type preference, equipment required, and indication of how facilities will need to be used.**

This workshop is best placed as a peri-conference workshop with a maximum capacity of 100 attendees. A room with movable, non-tiered seating is required to allow for interactive and group discussion components. A screen is required for presentation slides and video playback.