Enhancing osteoarthritis care for patients with osteoarthritis

Workshop for Community Physiotherapists and First Contact Practitioners

# Introduction

This workshop has been designed and tested by the Impact Accelerator Unit of Keele University School of Primary, Community and Social Care and is part of the JIGSAW initiative to enhance management of osteoarthritis. Full details of the project and the research base, together with additional resources, are available on the [JIGSAW-E website](https://jigsaw-e.com/).

The workshop materials consist of this programme, some PowerPoint slides with speakers’ notes and some vignettes to use in one of the workshop tasks. The workshop can be delivered by local clinical champions to groups of colleagues and is appropriate to multi-disciplinary groups of health professionals, including therapists, nurses and doctors.

Also, on the website, you can find a complementary online version aimed at first contact physiotherapists for individual study.

# Timing

½ Day workshop (3 hours) in protected learning time

# Aims

To explore and promote a holistic approach to joint pain, emphasising supported self-management and implementation of NICE guidelines for OA

# Intended learning outcomes

As a result of this workshop, participants should be better equipped and more confident to:

* Diagnose or support the diagnosis of OA where appropriate
* Explore the impact of OA on patients’ lives
* Give appropriate explanations and advice, incorporating patients’ health beliefs
* Give realistic and optimistic messages about natural history, prognosis and treatment options
* Apply NICE OA guidelines
* Incorporate personal preferences, motivation and pacing into exercise programmes
* Raise issues of weight management where appropriate
* Respond to questions about medication usage and advise on analgesic use in relation to exercise

# Topics

Background – MOSAICS, NICE guidelines, JIGSAW implementation

Impact on individuals

Impact on society and healthcare systems

Clinical diagnosis

Explanations

Core treatments

# Outline programme

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| **Time** | **Topic** | **Content/methods** |
| 10 min | Introductions |  |
| 15 min | Impact of joint pain | Small groups pairs  Pairs to discuss a person each knows and impact on his/her life  Share general points with group |
| 30 min | What is osteoarthritis? | Groups/trios to share own concepts  Plenary: concepts, NICE working diagnosis. Patient story/ICE. Exclude other diagnoses |
| 15 min | Natural history and population impact of OA | Plenary |
| 45 min | Explaining OA | Plenary: principles of explaining  Practice in trios and feedback  Research findings and suggestions |
| 15 min | Break |  |
| 45 min | Helping patients manage their OA | Groups: your management goals and how to do it  Plenary: NICE and evidence |
| 10 min | Summary and take home messages |  |