# The 'Joint' Approach

## Tweed—Byron Health Service Group

July 2017







#### **NEWS**

# Specialised Osteoarthritis Screening (SOS) Clinic:

#### UPdate ...

- 34 referrals
- 24 service events (21 Initial, 3 follow up)

#### Sources of referral:

- 60% via specialists,
- 40% via GP's

#### Medical Objects (MO)

- GP referrals via MO >70%
- 100% referrals acknowledged within 3 days of referral

#### Assessments:

- 100% completed within 4 weeks of referral
- 100% of assessment reports sent via medical objects

#### myOA program:

- Commenced 30 June
- 2 groups held
- 6 participants

# THE JOINT APPROACH PROJECT: AN INTEGRATED CARE INITIATIVE

Best Practice Standards for OA knee management just released....

AUSTRALIAN COMMISSION ON SAFETYAND QUALITY IN HEALTH CARE





#### https://www.safetyandquality.gov.au/

Current guidelines for osteoarthritis, including that of the knee, recommend conservative (non-surgical) management using a combination of non-pharmacological and pharmacological treatments.<sup>2, 4, 19</sup> Core non-pharmacological treatment includes patient education and self-management, exercise, and weight loss for those who are overweight.<sup>4, 19</sup> Conservative management is recommended at all stages of the disease.<sup>2, 4, 19</sup> Timely access to joint replacement or joint-conserving surgery is recommended when, and only when, conservative management no longer provides adequate pain relief or maintenance of function.<sup>4, 5</sup>



Improving Osteoarthritis
Assessment and
Management in the

#### project team

- Dr Jason Tsung

(Clinical Lead—Ortho Surgeon)

- Dr Grant Rogers

(Project Sponsor—Tweed-Byron DMS)

- Dr Brett Lynam

(Clinical Lead—Primary Health Network GP)

- Mark Frost

(Tweed Hospital Physiotherapy Manager)

- Kirsty Sked

(Tweed Joint Navigator)

- Evan Bryant

(Musculoskeletal Coordinator)

- Luke Schultz

(Project lead)

If you have any questions, please contact Luke on 0418974467





## "My Aching Joints" - Dinner and Education Event:

On 15th June the North Coast Primary Health Network (NCPHN) hosted a dinner and education event to highlight the benefits of conservative (non-surgical) approaches to managing joint pain, and promote the new SOS Clinic service.

43 health professionals (GP's, nurses and allied health) from the Tweed-Byron area were presented with the latest evidenced based management for hip and knee joint pain, as well as clinical indications for timely hip and knee surgery (Dr Jason Tsung). There was also a panel of medical and allied health experts for a Q&A session The discussion highlighted challenges facing clinicians, and opportunity for collective ways forward in improving local hip and knee joint pain management.

### Aching Joints? ....you're not alone

AUSTRALIAN COMMISSION ON SAFETYAND QUALITY IN HEALTH CARE



#### Osteoarthritis of the Knee Osteoarthritis is one of the most common chronic joint conditions in Australia. It can cause pain, loss of mobility and reduced quality of life. Knee osteoarthritis is a major form of the condition and the main reason for knee replacement surgery, with excess weight being a key risk factor. 30% of people **About 2.1 million** aged 65 or older Australians are report some estimated to have joint symptoms osteoarthritis \$1.6 billion spent on It is the fourth most treating osteoarthritis common reason people visit GPs per year





