

The 'Joint' Approach

Tweed—Byron Health Service Group

June 2017



NEWS

THE JOINT APPROACH PROJECT: AN INTEGRATED CARE INITIATIVE



Improving Osteoarthritis Assessment and Management in the Tweed –Byron Area

Happening now ...

SOS' Clinic "NOW OPEN"

The Specialised Osteoarthritis Screening Clinic provides assessment, management and monitoring services for 'holistic' health issues effecting joint pain.

Electronic Referrals

Reporting electronically to GP's and specialists via secure messaging service (Medical Objects).

Coming late June...

myOA Program

The **manage your OsteoArthritis** six-week program aims to 'kick-start' better OA health through exercise and education.

AIM

- to improve the services for persons in the Tweed-Byron area with osteoarthritic knees and hips.

HOW? -

- Timely assessment, referral and management systems for clients with Knee and Hip OA.
- Patient services based on individual health needs and goals.
- Better integration of health services in the primary, public and NGO sectors.

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

SOS Clinic - Musculoskeletal Coordinator.....introducing Evan Bryant

Please give some details of your career to date..- I Graduated from Newcastle of University as a Physio in 2011. I have worked in the Gosford and Newcastle areas as a hospital and private practice physio. For the past 12 months I have been working at Tweed Hospital , mainly in outpatients and on the acute wards.



What are you looking forward to most about starting this new role?

I'm keen to help people self-manage their joint condition and make positive lifestyle changes . Also I'm looking forward to building relationships with a number of health professionals in the private and other health sectors .

What do you do enjoy doing when you are not being a Physio?

Cricket, golf, Rugby League (Newcastle Knights fan), AFL...all sports really + general health and fitness

Spotlight on Tweed Hospital myOA Program:



myOA stands for **manage your OsteoArthritis** - this six-week program aims to 'kick-start' better joint health through exercise and education.

Starting late JUNEclients seen through the 'SOS' Clinic may access the 'myOA' program. This service is a targeted group program to assist clients with physical health, weight loss and lifestyle changes

to decrease pain, and improve joint health. It will give participants the confidence and tools to self-manage their condition in a safe, supportive and interactive environment. Education sessions will include:

- Pharmacy and pain management for OA
- Healthy exercise habits
- Nutrition and weight loss
- Living easier with OA
- Medical management of OA
- Changing health behaviours



North Coast
Allied Health Association



Every kilogram of extra weight you carry results in 4 – 6 kilograms of extra force through your knee joint