Implementing evidence based education and exercise for knee osteoarthritis

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The GLA:D® Program: an evidence-based, physiotherapy led education and supervised exercise-therapy program for people with knee osteoarthritis (OA).

What did we do?
- In 2017, 78 physiotherapists trained via face to face lectures + workshops to deliver GLA:D® Program
- Aim: ↑ physiotherapists knowledge & confidence to deliver OA management according to clinical practice guidelines
- Physiotherapists completed a survey pre and post-course
- Patient outcomes (objective tests + questionnaires) collected at baseline and 3-months
- Implementation evaluation guided by RE-AIM framework

What were the results?
Reach: Physiotherapists from a variety of settings attended workshops
- 10% working in both public and private settings
- 19% working in public settings
- 71% working in private settings

Effectiveness: At 12 months, workshops improved:
- CPG Awareness from 39% to 81%
- CPG use from 26% to 67%

Physiotherapists reported an increase in confidence in their ability to deliver interventions 12 months following workshops, including:
- Prescription of aerobic exercise from 67% to 84%
- Prescription of neuromotor exercise from 62% to 92%
- Discussing the importance of weight management from 67% to 82%
- Providing physical activity advice from 88% to 95%

KEY FINDINGS
- Implementation of GLAD™ Australia is feasible in private & public settings
- Workshops improve knowledge and confidence of physiotherapists management of knee OA

Why did we do it?
- >2.1 million Australians have OA → increase to 3 million by 2030
- Our pilot work indicates 58% of physiotherapists are not aware of Clinical Practice Guidelines (CPG) for the management of OA
- 74% of physiotherapists do not use CPGs to guide treatment

Why did we do it?
- ▼ average pain by 35% on VAS
- ▲ QOL by 10 points on KOOS - QOL subscale
- ▲ number of chair stands in 30 seconds by 21%
- ▲ walking speed – 10% less time on 40m walk test

Effectiveness:
- CPG Awareness from 39% to 81%
- CPG use from 26% to 67%

Adoption:
- ▲ 90% of Physiotherapists planned on implementing within 6 months
- One year after, nearly 80% had implemented the program in clinic

Implementation:
- A number of barriers to implementation were identified in survey responses. Key barriers included:
  - Poor awareness of best practice management of OA in the community and amongst fellow health care professionals
  - Access/funding to allow patients to participate
  - Inadequate organisational support to deliver programs like GLA:D

Maintenance:
- 100% (18/18) of GLA:D™ Australia services which were implemented in 2017 were continuing to run at the end of 2018.

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Welcome to GLA:D Australia
The best first treatment for hip and knee osteoarthritis

Patient benefits of completing GLAD™ Australia:
- ↓ pain
- ↑ quality of life
- ↑ functional outcomes

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Acknowledgements
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- Arthritis Australia
- Arthritis Research Australia
- Arthritis Foundation of Victoria
- Office of the Chief Scientist
- AusBioSilver

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Dr. Andrew Johnston
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