



2020

COVID-19 ONLINE REPOSITORY FOR

**OSTEOARTHRITIS  
MANAGEMENT  
PROGRAMMES  
(OAMPS)**

  
**QARSI** OSTEOARTHRITIS  
RESEARCH SOCIETY  
INTERNATIONAL  
International OA Management Programs:  
Joint Effort Initiative Discussion Group

**JOINT EFFORT  
INITIATIVE**

IMPLEMENTATION

# Osteoarthritis



Most common cause of muscle and joint pain in adults aged

**45+**

High costs to health care and society



Evidence based treatment options effective in managing the condition ✓



- Condition education
- Therapeutic exercise
- Weight management if needed

This repository provides stakeholders and organisations with access to online, evidence based, international OA management programmes (OAMPs). These were identified by the Joint Effort Initiative Implementation Group (endorsed by Osteoarthritis Research Society International (OARSI)) as a response to the covid-19 situation. The repository provides solutions for healthcare professionals seeking to access and signpost patients with OA to remote, high-quality programmes that do not require face to face contact. It also provides healthcare practitioner resources for online training in delivering OA management programmes



# OAMPs



The following definition by Eyles et al (2019) [1] was used to identify eligible OAMPs:

*"A model of evidence-based, non-surgical OA care that has been implemented in a real-world setting and comprises the following four components":*

**1**

Personalised OA care - (tailored to the individual needs of the patient)

**2**

Provided as a package of care with longitudinal reassessment and progression

**3**

Comprising two or more components of the core, non-surgical, non-pharmacological interventions (education, exercise, and weight loss)

**4**

Optional evidence-based adjunctive treatments as required (e.g. assistive devices, psychosocial support)



# OAMPs



**The following seven OAMPs met the eligibility criteria and are available online**

## escape pain

ESCAPE pain or Enabling Self-management and Coping with Arthritic Pain using Exercise is an Osteoarthritis management rehabilitation programme originating in the UK. The flexibility of the ESCAPE-pain programme means it can be delivered in a variety of locations and by a variety of professionals. ESCAPE-pain has been successfully delivered in hospital outpatient physiotherapy departments to leisure centres/gyms, and in community settings such as church halls and community centres. Two programmes are offered with one focused on knee and hip pain and the other is on back pain. The programme itself can be delivered face-to-face or online or via ESCAPE-pain app (via the Google Play store). The digital resources for patients include easy to use exercise videos with simple instructions, educational videos and individual progress charts to monitor progress over time. Facilitator training was traditionally delivered face-to-face but is being piloted online. There is a cost associated with facilitator training.



[www.escape-pain.org](http://www.escape-pain.org)

# OAMPs



The Joint Academy is an online digital structured and individualised hip and knee OA management programme originating in Sweden. The programme is delivered via an online platform. OA management in the form of text or video is provided to the patient with the interactive option of access to a licensed physiotherapist through an encrypted chat function, and/or telephone. There is a cost associated with the service. The programme delivery platform is available via the App store and Google Play.

 [www.jointacademy.com/us/en/](http://www.jointacademy.com/us/en/)

## JIGSAW-E

Supported self-management for joint pain

### *Pharmacists*

The Joint Implementation of Osteoarthritis guidelines across Western Europe (JIGSAW-E) aimed to improve quality care and support for self-management for osteoarthritis in line with United Kingdom NICE guidance. This training package adapts the original general practitioner and nurse model of care to specifically target pharmacists who work in the community and see people with joint pain due to osteoarthritis. The JIGSAW-E approach uses four key “innovations” which can be delivered in a way that best suits the local healthcare context: a model consultation; training for healthcare professionals delivering the care, a patient osteoarthritis guidebook and measurement tools for recording quality indicators of care.

The programme training is available free of charge.



[www.jigsaw-e.com/courses/joint-pain-in-pharmacy-jpip/](http://www.jigsaw-e.com/courses/joint-pain-in-pharmacy-jpip/)



# OAMPs



## JIGSAW-E

Supported self-management for joint pain

## Physiotherapists

Please see the text in the above paragraph for an overview of the JIGSAW-E project. This training package also addresses the four JIGSAW-E innovations and was originally designed for the UK context where physiotherapists are working increasingly as the first person someone with joint pain might consult or contact. However, much of the content is also suitable for other physiotherapists and settings. The training introduces the JIGSAW-E innovations and contains five 10 minute modules: Introducing a JIGSAW-E physiotherapy service evaluation pilot; the impact of osteoarthritis; what is osteoarthritis and how to explain it well; helping people manage their joint pain with education exercise and weight loss, and; the unique role of the first contact practitioner.

The programme training is available free of charge.




[www.jigsaw-e.com/courses/joint-pain-in-physiotherapy/](http://www.jigsaw-e.com/courses/joint-pain-in-physiotherapy/) 




## Physiotherapy Exercise and physical Activity for Knee osteoarthritis(PEAK)

The PEAK programme is an online training programme for physiotherapists in telehealth delivery of evidence-based knee OA care. PEAK guides physiotherapists in how to implement best-practice care to people with knee OA, delivered over 5 one-to-one consultations, via video conferencing. PEAK focusses on patient empowerment through education, a personalised exercise plan. The programme training modules are available free of charge.

[www.healthsciences.unimelb.edu.au/departments/physiotherapy/about-us/chesm/news-and-events/peak-training-program/](http://www.healthsciences.unimelb.edu.au/departments/physiotherapy/about-us/chesm/news-and-events/peak-training-program/) 

# OAMPs



[www.join2move.com/](http://www.join2move.com/) 



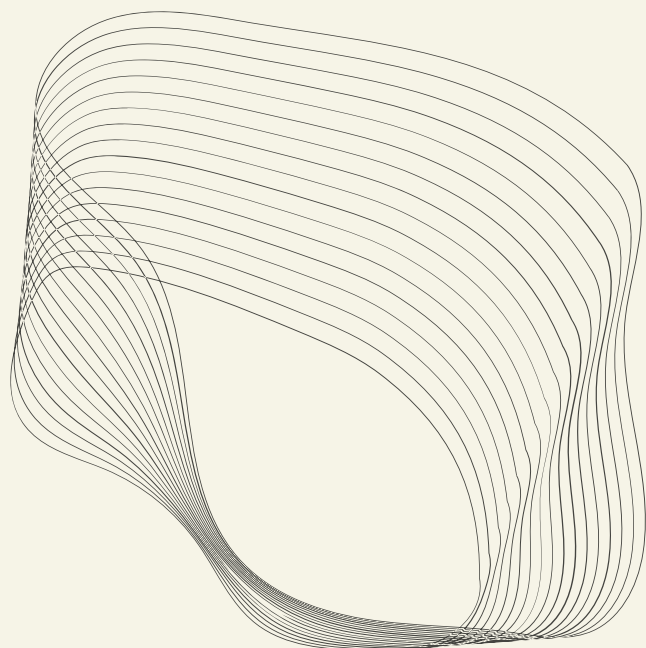
The Join2Move app was developed in the Netherlands and enables the user to become an 'osteoarthritis manager' and learn to manage the consequences of osteoarthritis. A weekly personal schedule of education and assignments around a choice of exercise is created which users can complete at their own pace in a familiar place. Coaching and education regarding a more active lifestyle is provided along with guidance for building up activity slowly and in a controlled manner. The Join2Move app hosts a wealth of information about osteoarthritis - what is it, what causes the condition and most importantly, how to deal with it. The app is packed with tips for living as best as possible with osteoarthritis and take control of choices in daily life. The app is available via the App Store or Google play and is free of charge.



This is a remotely delivered OA management programme for people with knee or hip OA and a BMI >28 (with a referral or approval from a medical professional for knee or hip OA). The programme comprises weight loss and nutrition advice, muscle strengthening, land based and range of motion exercises, pain management strategies, education, monitoring and engagement strategies (to boost motivation and confidence). OAHWFL is available to people in Australia with eligible health fund schemes.

[www.healthyweightforlife.com.au/osteoarthritis-hwfl/](http://www.healthyweightforlife.com.au/osteoarthritis-hwfl/) 





JEI is a collaboration between international researchers and clinicians with an interest in the implementation of osteoarthritis models of care, (endorsed by Osteoarthritis Research Society International (OARSI)). We welcome new members so if you are interested in OA and/or implementation please contact [jocelyn.bowden@sydney.edu.au](mailto:jocelyn.bowden@sydney.edu.au)



**References:**

[1] Jillian P Eyles, David J Hunter, Kim L Bennell, Krysia S Dziedzic, Rana S Hinman, Martin van der Esch, Melanie A Holden, Jocelyn L Bowden, Joint Effort Initiative Members, 2019. Priorities for the effective implementation of osteoarthritis management programs: an OARSI international consensus exercise. *Osteoarthritis and cartilage*, 27, 1270-1279.