

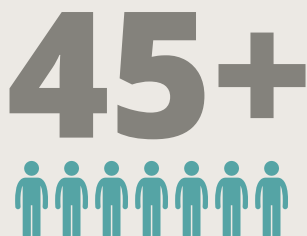
Online

OSTEOARTHRITIS

Management Programmes (OAMPS)

OSTEOARTHRITIS:

Most common cause of muscle and joint pain in adults aged



High costs to health care and society



Major cause of disability globally



SOLUTIONS:

Evidence based online treatment options effective in managing the condition



ONLINE OAMPS:



escape pain



PEAK



“ A model of evidence-based, non-surgical OA care that has been implemented in a real-world setting ”

-Eyles et al (2019)

An OAMP must:

1. Be personalised
2. Be part of a package
3. Include two or more components of the core, non-surgical, non-pharmacological interventions (education, exercise, and weight loss)
4. Include optional adjunctive treatments

JIGSAW-E

Supported self-management for joint pain



jointacademy®



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OAMPS identified by the Joint Effort Initiative Implementation Group (endorsed by Osteoarthritis Research Society International (OARSI)) as a response to covid-19. 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 and training.