**Presentation title:**

**Clinical Workshop – Comprehensive assessment in knee osteoarthritis - diagnosis and treatment in primary care**

**Abstract** (max. 300 words):

Since 2002, osteoarthritis has been recognised as a National Health Priority Area in Australia.[[1]](#footnote-1) About 2.1 million Australians have osteoarthritis, with 25%-40% of cases relating to knee osteoarthritis.[[2]](#footnote-2) Despite the disease burden of the condition, rates of osteoarthritis continue to rise. Australians in regional and rural areas have a slightly higher prevalence of the condition than people in major cities.[[3]](#footnote-3) Improving population health through public education and closing gaps in clinical practice are important strategies to reduce the impact of osteoarthritis.

The Australian Commission on Safety and Quality in Health Care (the Commission) released its *Osteoarthritis of the Knee Clinical Care Standard* in May 2017.[[4]](#footnote-4) A review of evidence to inform the development of the standard showed that:

* Many patients have unnecessary X-rays and MRIs to diagnose the condition.[[5]](#footnote-5),[[6]](#footnote-6)
* There is a four-fold variation in knee arthroscopy use in people over 55 across Australia, after exclusion of highest and lowest rate areas, yet this procedure has limited benefit and possible harm in knee osteoarthritis.[[7]](#footnote-7)
* Seventy per cent of knee replacement surgeries are performed on overweight or obese patients,[[8]](#footnote-8) yet less than 8% of patients incorporate weight loss into treatment plans, despite weight loss being a key strategy for symptom control.[[9]](#footnote-9)

The proposed workshop will demonstrate a comprehensive knee assessment to assist with the accurate diagnosis of knee osteoarthritis without the use of imaging, and will provide an overview of key recommendations for management of the condition in primary care, in accordance with the standard’s quality statements.

The comprehensive knee assessment will mainly cover physical examination using a role-playing patient. Concepts of management of knee osteoarthritis will cover appropriate communication with the patient and the self-management plan.

The workshop will be presented by clinical experts from the Commission’s Osteoarthritis Clinical Care Standard Topic Working Group.

1. Arthritis and Osteoporosis Victoria. A problem worth solving. The rising cost of musculoskeletal conditions in Australia. Melbourne: Arthritis and Osteoporosis Victoria 2013 [↑](#footnote-ref-1)
2. Australian Institute of Health and Welfare. Osteoarthritis Canberra: AIHW; 2016 Available from: <http://www.aihw.gov.au/osteoarthritis> [↑](#footnote-ref-2)
3. ibid [↑](#footnote-ref-3)
4. Australian Commission on Safety and Quality in Health Care. Osteoarthritis of the Knee Clinical Care Standard. Sydney: ACSQHC; 2017, <https://www.safetyandquality.gov.au/our-work/clinical-care-standards/osteoarthritis-clinical-care-standard/> [↑](#footnote-ref-4)
5. Bedson J, Croft PR. The discordance between clinical and radiographic knee osteoarthritis: a systematic search and summary of the literature. BMC Musculoskelet Disord. 2008;9:116. [↑](#footnote-ref-5)
6. Englund M, Guermazi A, Gale D, Hunter DJ, Aliabadi P, Clancy M, et al. Incidental meniscal findings on knee MRI in middle-aged and elderly persons. N Engl J Med. 2008;359(11):1108-15 [↑](#footnote-ref-6)
7. Australian Commission on Safety and Quality on Health Care. 3.1 Knee arthroscopy hospital admissions 55 years and over. Australian Atlas of Healthcare Variation. Sydney: ACSQHC; 2015. p. 105-12. [↑](#footnote-ref-7)
8. Liu, B., Balkwill, A., Banks, E., Cooper, C., Green, J. and Beral, V. (2007), Relationship of height, weight and body mass index to the risk of hip and knee replacements in middle-aged women. Rheumatology. 46(5): p. 861-867. [↑](#footnote-ref-8)
9. Muthuri SG, Hui M, Doherty M, Zhang W. What if we prevent obesity? Risk reduction in knee osteoarthritis estimated through a meta-analysis of observational studies. Arthritis Care Res (Hoboken). 2011;63(7):982-90. [↑](#footnote-ref-9)