**Title:** Ever wondered what treatments actually work (or not) for osteoarthritis of the hip or knee? The new evidence review and guideline on management of osteoarthritis will help you.

**Authors and affiliations**

**Dr Dan Ewald, Adjunct Associate Professor, University of Sydney and Northern River University Centre for Rural Health**

Professor David Hunter, Chair, Institute of Bone and Joint Research, Kolling Institute, University of Sydney

Professor Kim Bennell, Director, Centre for Health, Exercise and Sports Medicine, Department of Physiotherapy, University of Melbourne

on behalf of the *Guideline for the management of knee and hip osteoarthritis* taskforce.

**Background:**

Osteoarthritis (OA) is a leading cause of pain and disability affecting nearly two million Australians with projected increases to almost 3.1 million by 2030.1 OA is the 8th most-managed problem by Australian general practitioners (GPs).2 There is lack of reasonable evidence to support many therapies currently used.

**Aims:**

There has been substantial progress evaluating the effectiveness and safety of commonly used and new therapies for OA since publication of the guideline’s first edition. This edition presents the best available current scientific evidence for OA interventions, other than joint replacement, for the hip and knee.

**Method:**

This guideline has been updated by a multi-disciplinary taskforce representing general practice, consumers and subject matter experts. In accordance with NHMRC guideline standards, priority areas were identified and literature reviews conducted using the Grading of Recommendations Assessment, Development and Evaluation (GRADE) method. The taskforce considered quality of evidence, balance of benefit and harms, and patient values and preferences. Content was further refined through public consultation.

**Results:**

This guideline will provide GPs with advice and recommendations for the management of people with knee and/or hip OA to educate and improve the health of people with OA. We present GRADE evidence-based recommendations with a focus on non-surgical, pharmacological and non-drug treatments core to OA management.

**Conclusion:**

This presentation provides an opportunity for health professionals to engage with the presenter and learn about the updated guideline including changes to evidence, and new areas of focus in the management of hip and knee OA.

References

1. Australian Institute of Health and Welfare. AIHW analysis of ABS Microdata: National Health Survey 2014–15. 2015.
2. Runciman WB, Hunt TD, Hannaford NA, Hibbert PD, Westbrook JI, Coiera EW, et al. CareTrack: assessing the appropriateness of health care delivery in Australia. Medical Journal of Australia. 2012;197(2):100-5.