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# **Managing Osteoarthritis In Primary Care**

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Managing osteoarthritis in primary care: the GP as public health physician and surgical gatekeeper. Peter Croft, Professor of Primary Care Epidemiology. Arthritis Research UK Primary Care Centre, Primary Care Sciences, Keele University, Staffordshire UK. Mark

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Porcheret, Director,  
Keele GP Research  
Partnership.

**Managing  
osteoarthritis in  
primary care: the GP  
as public ...**

A considerable  
proportion of patients  
self-medicate, whilst  
others are treated by a  
GP and the primary  
health care team.

Primary care  
management involves  
the use of exercise,

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physiotherapy, weight loss where necessary, the use of analgesics, particularly non-steroidal anti-inflammatory drugs (NSAIDS) and joint injections.

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**9780632053537 ...**

Lifestyle and home remedies Exercise. Low-impact exercise can increase your

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endurance and strengthen the muscles around your joint, making your... Lose weight. Carrying extra weight increases the stress on your weight-bearing joints, such as your knees and your hips.

## **Osteoarthritis - Diagnosis and treatment - Mayo Clinic**

Dr Margham gives  
more information

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about the course:

"Effective consultations are at the heart of good management of osteoarthritis. So this BMJ online module focuses on the latest evidence from NICE and our colleagues at the Arthritis Research UK Primary Care Centre at Keele University, specifically on how to improve the consultation between ...



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**Clinical pointers:  
managing**

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osteoarthritis in  
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THE QUESTION OF EXERCISE. The topic of the paper by Williams et al<sup>6</sup> is exercise for people with osteoarthritis. There is little doubt that exercise is beneficial in reducing pain and improving mobility in older patients with chronic joint pain, especially in the knee.<sup>7</sup>

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But there are challenges for primary care of how to provide advice to the many people with this problem, and how to overcome ...

## **Managing osteoarthritis in primary care: the GP as public ...**

Osteoarthritis is the most common cause of musculoskeletal disability, affecting five million people in

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Britain. By far the majority of cases are managed in the community. A considerable proportion of patients self-medicate, while others are treated by a GP and the primary health care team.

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in primary care . Start module Add to portfolio. This module uses text and videos to describe recent developments in osteoarthritis for GPs. Topics covered include new evidence on disease progression, non-pharmacological interventions, the role of paracetamol and the importance of regular follow up. ...

**Clinical pointers:**

*Page 12/25*

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## **Managing osteoarthritis in primary care**

### **BACKGROUND:**

Osteoarthritis (OA) of the hip and knee are among the most common chronic conditions, resulting in substantial pain and functional limitations. Adequate management of OA requires a combination of medical and behavioral strategies.

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**Patient and provider interventions for managing ...**

Self-management programs in a primary care setting have been shown effective for knee osteoarthritis. 6 These programs should focus on activity modifications including low-impact aerobics, careful strengthening, and avoidance of high-impact activities.

**An update on**

*Page 14/25*

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## **primary care management of knee osteoarthritis**

Osteoarthritis is a common degenerative disorder of the articular cartilage associated with hypertrophic changes in the bone.<sup>1</sup> Risk factors include genetics, female sex, past trauma, advancing age ...

## **Osteoarthritis: Diagnosis and Treatment -**

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**American Family ...**

John Dickson is the author of Managing Osteoarthritis in Primary Care, published by Wiley.

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Osteoarthritis is a leading cause of pain and disability (1-3). Already a leading chronic health condition in primary



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care settings (4), osteoarthritis will become increasingly prevalent (5–8). Treatment involves a combination of behavioral, pharmacologic, and other clinical therapies (9–11); therefore, both patients and health care providers play key roles in effective management.

**Patient, Provider,  
and Combined**

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**Interventions for  
Managing ...**  
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systematic reviews.  
Management of  
osteoarthritis in  
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meta-analysis.  
Intensive Care Med

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2018;44(10):1603-12.

Epub 2018 Aug 21. 3.

Korownyk C, Allan GM.

**PEER simplified  
decision aid:  
osteoarthritis  
treatment ...**

Patient, Provider, and  
Combined

Interventions for

Managing

Osteoarthritis in

Primary Care: A Cluster

Randomized Trial. Allen

KD(1), Oddone EZ(1),

Coffman CJ(1), Jeffreys

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Primary Care  
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Chatterjee R(1),  
McDuffie J(1), Strauss  
JL(1), Yancy WS Jr(1),  
Datta SK(1),

**Patient, Provider,  
and Combined  
Interventions for  
Managing ...**

Osteoarthritis is the most common cause of musculoskeletal disability, affecting five million people in Britain. By far the majority of cases are

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managed in the community. A considerable proportion of patients self-medicate, while others are treated by a GP and the primary health care team.

## **Managing osteoarthritis in primary care (eBook, 2000 ...**

Osteoarthritis is clinically associated with escalating chronic pain, physical

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disability, and decreased quality of life. Early diagnosis of mild osteoarthritis in relatively young patients presents an opportunity for PHCNPs to manage pain, increase quality of life, and decrease risk of disability[5].

### **Knee osteoarthritis: Therapeutic alternatives in primary care**

Knee pain is a common

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musculoskeletal  
Primary Care  
problem, especially in

those aged 50 and over, and has been described as the new back pain because of its community importance [1] and limited evidence for long-term efficacy of treatment [2]. There is discordance between symptomatic knee pain and X-ray features of osteoarthritis (OA) [3]; consequently, primary care studies focus on

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## **management of knee pain in primary care: factors ...**

Osteoarthritis is the most common cause of musculoskeletal disability, affecting five million people in Britain. By far the majority of cases are managed in the community. A considerable proportion of patients



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