

Early Osteoarthritis Physiotherapy Group Course

Arthritis is the single greatest cause of disability in New Zealand, with osteoarthritis being the most prevalent. With our aging population this is a major concern within our locality.

Kathy Gross, Physiotherapist in the Eastern Locality, is running a course that includes individual assessment education and exercise for patients with osteoarthritis of the hip or knee.

Key Information

- Participants are referred to the course by their General Practitioner.
- The programme is free of charge for the patient.
- Each participant will attend a pre and post assessment.
- The 60 minute classes will run once a week over five consecutive weeks at the Howick Leisure Centre, during the day.

Who is eligible

- Patients who are within 12 months of osteoarthritis diagnosis of the hip or knee.
- Patients who require prescribed analgesic medication.
- Patients who consent and are prepared to make the 7 week commitment to attend.

What will be covered in the classes?

- Basic joint anatomy and care of joints
- Exercise (a major component of each class)
- Managing flare ups and pharmacy
- Weight, nutrition and joints
- Progression of exercise
- Activity plan for the future

How are patients referred to the class?

- Healthlink referral via the East Health Trust PHO edi '**eastheal**'.
Use the standard referral you are using for e-referrals. Most information will self-populate, just annotate to show the patient is eligible for the course:
 - Patient is within 12 months of osteoarthritis diagnosis;
 - List current analgesia.
- Or you can fax the attached referral to Kathy Gross at 09 535 5908

Course evaluation

Pre and post course assessment/outcome and patient self-evaluation will be provided to the referring GP. Post assessment the Physiotherapist may facilitate patient's entry into other physical activity programmes.

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Fax Referral form to 09 535 5908

KEY CONTACT: Kathy Gross (Physiotherapist)	Ph: 09 538 0599 Mob: 021 1268 197 Email: kathyg@easthealth.co.nz
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Eligibility: Participants are selected to take part in the Osteoarthritis physiotherapy class if they meet the following entry criteria:

- Patient is within 12 months of osteoarthritis diagnosis of the hip or knee
- Patient requires prescribed analgesic medication
- Patient is informed and consents to a 7 week course commitment

Patient Surname:	First Names:	NHI:
Gender:	DOB:	Age:
Phone (home):	(mob)	(work)
Ethnicity:		
Home Address:		

General Medical History:	
Diagnosis:	
X-Ray, MRI:	
Medication:	

General Practitioner Details	
GP Name:	Address:
Practice Name:	

Referrer Details		
Referred By:	Phone:	Fax:
Designation:	Date:	

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