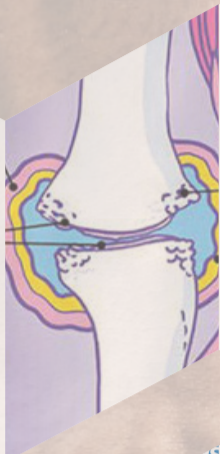


Hip and Knee OA Checklist

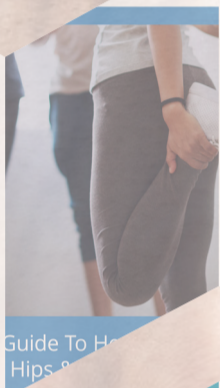
East Sussex MSK Community Partnership

Clinical OA diagnosis



- Isolated hip or knee pain >45 years old.
- Pain related to activity.
- No morning stiffness or stiffness lasting less than 30minutes.
- Pain and stiffness impacting on function.

Self-management information To share!



eastsussexmsk.nhs.uk/healthy-hips-and-knees/

A decision aid booklet to help patients with hip and knee osteoarthritis. The booklet contains self-help, offers weight management and lifestyle information and signposts to supporting services. It also provides exercises and outlines non-surgical treatment options, and even explains joint replacement surgery and what to expect.

Physiotherapy



Criteria: **Imaging is not required for referral to physiotherapy.**

- ✓ >6 weeks symptoms, despite optimising analgesics.
- ✓ Symptoms impacting ADLs / occupation.
- ✓ Patients can refer themselves for physiotherapy via our website: eastsussexmsk.nhs.uk/gethelp

Traditional choose and book referral system is still available for those without tech ability or support.

Orthopaedics



- **Check CEC criteria** (see below) are met before considering referral for orthopaedic opinion (Advanced Practitioner or Consultant).
- **X-ray within the last 18 months is required.** Referrals without x-ray may be returned to you.

Clinically Effective Commissioning (CEC) criteria for THR/TKR:

- Uncontrolled, intense, persistent pain.
- Moderate functional limitations, substantial impact on quality of life.
- Has accessed a Decision aid tool.
- Has had a shared decision making conversation to discuss suitable options.
- Smoking cessation advised if appropriate.*
- BMI < 35 (ideally), or reasonable attempts have been made to reduce BMI.*
- Conservative treatment at least 6 months including:
 - ✓ Optimal tolerated doses of analgesia.
 - ✓ Guided exercises and muscle strengthening OR physiotherapy (ineffective in improving pain with bone on bone OA but could still be considered for functional improvements).
 - ✓ Patient education (activity modification and lifestyle adjustment).
 - ✓ Considered use of equipment such as walking aids and orthoses.

Stay connected:



@ESMSK

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*Consider signposting to **One You East Sussex: oneyoueastsussex.org.uk**