

Primary Health Networks Implementation Guide

Osteoarthritis of the Knee Clinical Care Standard

The *Osteoarthritis of the Knee Clinical Care Standard* aims to improve the timely assessment and optimal management of patients with knee osteoarthritis, and to enhance patients' symptom control, joint function, psychological wellbeing, quality of life and participation in usual activities, and lessen the disability caused by knee osteoarthritis.

The Standard contains eight quality statements describing the care that people over the age of 45 years should be offered if they are experiencing knee pain and are suspected of having knee osteoarthritis.

By supporting the dissemination and implementation of the *Osteoarthritis of the Knee Clinical Care Standard*, primary health networks (PHNs) will contribute to reducing:

- Unwarranted variation
- Unnecessary use of imaging for diagnosis of knee osteoarthritis
- The burden of disease and disability for people with knee osteoarthritis
- Surgical interventions without prior optimal non-surgical management - including exercise, physical activity and weight management.

Activities and resources

The following activities and resources are suggested for PHNs supporting local services and clinicians to implement the Standard. They include [communications campaign materials](#) designed to be adopted and adapted for local use, as well as educational materials, and resources for clinicians to use in practice with their patients.

Spread the word

Social media Promote the Osteoarthritis of the Knee Clinical Care Standard and related resources using [sample posts](#) for X (Twitter), Facebook and LinkedIn which you can adopt or adapt for your region.

Newsletter content Publish an article using the sample [newsletter content](#) and consider incorporating a local patient story, or interview with a local clinician.

Web content Host our freely available implementation [resources](#), or link to relevant content on our website that includes [links to information, education, and support](#) provided by other organisations for consumers, clinicians, and healthcare services.

Disseminate through local networks Identify local services, initiatives and networks that should know about the Standard and target communications accordingly, for example general practices, allied health services providing musculoskeletal services, weight management services, Aboriginal and Torres Strait Islander health services, and seniors networks.

Resources available are listed below and include a [General Practitioner \(GP\) quick guide](#), a [self-management action plan](#) and tips for [effective communication](#) about self-management of knee osteoarthritis.

Help create local change

Multidisciplinary education sessions	<p>Use the Osteoarthritis of the Knee Clinical Care Standard presentation for clinicians to support a local education event. Consider inviting local experts to facilitate, such as a GP with a special interest in musculoskeletal medicine, a physiotherapist, a rheumatologist or orthopaedic surgeon, and local Aboriginal or Torres Strait Islander health services. Incorporate information on local pathways and services to increase relevance and engagement.</p> <p>Consider QUM learning options available from the Commission, including the <i>Practical tools for osteoarthritis management case study</i> which can be used for CPD by GPs, pharmacists, nurses and students.</p>
HealthPathways	<p>Encourage the local HealthPathways program to prioritise localisation and review of the local osteoarthritis pathway - consider including the suite of Osteoarthritis of the Knee Clinical Care Standard resources as a minimum.</p>
Monitor local data	<p>Consider using the clinical care standard's indicators as part of local quality improvement at a PHN level. Identify other data sources relevant to the care of osteoarthritis or find ways to monitor local variation.</p>

Resources

- [Osteoarthritis of the Knee Clinical Care Standard \(2024\)](#)

For clinicians and consumers

- [Quick guide for general practitioners - Osteoarthritis of the Knee Clinical Care Standard](#) – a one page summary for GPs
- [Clinician fact sheet - Osteoarthritis of the Knee Clinical Care Standard](#)
- [Effective communication for self-management of knee osteoarthritis](#) – what to say to support patient self-management
- [Self-management action plan for knee osteoarthritis](#) – for use with patients
- [Related resources – Osteoarthritis of the Knee Clinical Care Standard](#) – links to useful patient and clinician resources and programs to support self-management

For PHN use

- [Osteoarthritis of the Knee Clinical Care Standard campaign communications kit](#)
- [Presentation for clinicians - Osteoarthritis of the Knee Clinical Care Standard](#)

Questions?

See the Commission's [Osteoarthritis of the Knee Clinical Care Standard webpage](#) for more information and links to useful resources.

