

# Osteoarthritis Chronic Care Program



The Osteoarthritis Chronic Care Program aims to improve the management of arthritis for people waiting for elective knee and hip replacement surgery.

Osteoarthritis can cause pain, stiffness and problems with mobility. It can limit your ability to do things you need to do and to enjoy your life.

## The program

- Helps improve the management of your pain and your quality of life.
- Helps you find ways to carry out your daily activities.
- Identifies and addresses any other health issues you may have.
- Includes the expertise of many health care professionals.
- Improves your readiness for surgery and recovery afterwards.

Your orthopaedic surgeon has referred you for assessment and participation in the program while you wait for your hip or knee surgery.

## How will the program help me?

We will:

- Assess your hip or knee.
- Develop a health care plan that suits your needs.
- Support your access to other health professionals and services.
- Link you to community programs and groups.
- Provide education on how to better manage your osteoarthritis and overall health.
- Monitor your osteoarthritis and provide feedback to your GP and surgeon.

## What will happen at my first appointment?

Your appointment will take place at the Multidisciplinary Orthopaedic Clinic (MDOC). You will be asked to fill in some questionnaires and answer a number of questions. We may also measure your joint movement and ask you to perform a walking test. These measures help us to assess your needs and create a personal management plan.

You may then be referred to services such as:

- Nutrition services
- Hydrotherapy
- Physiotherapy
- Occupational therapy
- Falls and Fractures Clinic
- Social work services
- Chronic disease programs

### How much will it cost?

This is a free program.

### How do I enrol in the program?

Please call the Multidisciplinary Orthopaedic Clinic (MDOC) reception on 4734 1646 to book an appointment.

### What should I bring with me to my clinic appointment?

- Shoes suitable for walking.
- Any mobility aid you use, such as a walking stick or frame.
- A list of your current medications.
- Reading glasses (if required).
- A copy of recent blood tests (if any).



Multidisciplinary Orthopaedic Clinic, Nepean Hospital

### Get in contact

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