

INFORMATION SHEET

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# 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?

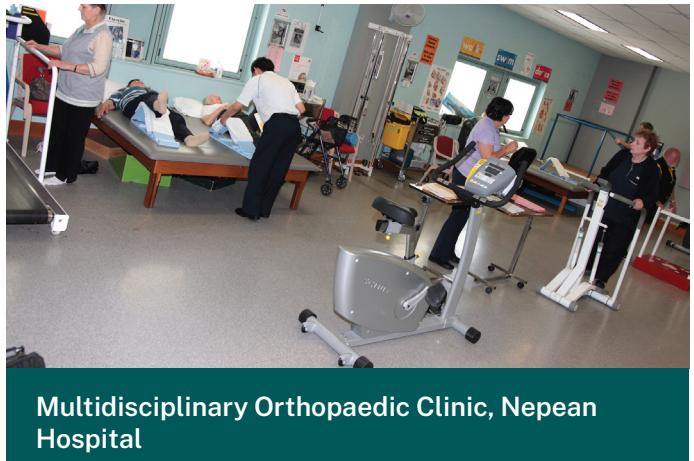
This is a free program.

### 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).



### Get in contact

Multidisciplinary Orthopaedic Clinic (MDOC), Allied Health Department

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