The Arthritis Rehabilitation and Education Program (AREP) is committed to providing high quality recommendations and care for people with a diagnosis of osteoarthritis (OA). Our integrated inter-disciplinary approach draws upon the interprofessional services of AREP Occupational Therapists, Physiotherapists, and Social Workers.

*Intervention is currently being provided by our clinicians using virtual technology due to the exceptional circumstances created by the COVID-19 outbreak. All referrals for clients with a diagnosis of OA will be triaged to one of the online therapeutic education groups as available and / or to an individual virtual consultation and assessment. Virtual intervention will include assessment and an individualized self-management and education program as outlined below.*

**Assessment**
All clients seen individually will undergo a virtual assessment and a reassessment as needed on follow up visits. Assessment may include some or all of the following as indicated:

- Client goals and chief complaints
- Past medical history (including co-morbidities) / history of arthritis / pain / medications
- Mental and emotional status / Cognition (including coping strategies)
- Systems review (including cardiovascular; gastrointestinal and body mass index)
- Lifestyle (including interpersonal relationships; smoking / alcohol and recreational drug use)
- Instrumental activities of daily living; community supports

**SelfManagement:**
An individualized, goal oriented self-management plan will be developed to address the client’s physical and psychosocial needs and may address:

- How to manage emotional aspects of OA
- The importance of and how to increase exercise and physical activity
- Pain management strategies including pharmacological options
- Joint protection strategies including use of assistive devices; gait aids or home adaptation
- The importance of weight management; healthy eating and nutrition

**Education:**
Clients with hip or knee OA will be offered the opportunity to participate in the therapeutic group *Living Well – Stay Active with Hip and Knee OA* (see below for flyer). Education may also be provided in 1:1 session format.

**Exercise and Physical Activity:**
A structured exercise/activity program may be prescribed, progressed and monitored with consideration of the limited space and resources available due to social distancing measures. The exercise program may incorporate flexibility; muscle strengthening and/or cardio and/or balance training / neuromuscular exercise as required by the client

**Referral to community resources and other health care providers:**
In this period of social distancing/isolation, the emphasis will be linking clients to virtual resources.
FREE WORKSHOP
STAY ACTIVE - LIVING WELL WITH HIP AND KNEE OSTEOARTHRITIS

Find out the most current, evidence-based strategies to help you live better with osteoarthritis. By attending this FREE three hour session, led by an Arthritis Society Occupational Therapist or Physiotherapist you will learn about:

- Osteoarthritis of the hip and knee
- How therapeutic exercise, physical activity and weight management can decrease pain
- Strategies to manage your arthritis
- Community resources

For more information or to register, please call: 1-800-321-1433 Ext 3381

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Arthritis. Give before it takes:

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