

ARTHRITIS REHABILITATION AND EDUCATION PROGRAM VIRTUAL MANAGEMENT OF OSTEOARTHRITIS



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

Self-Management:

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:

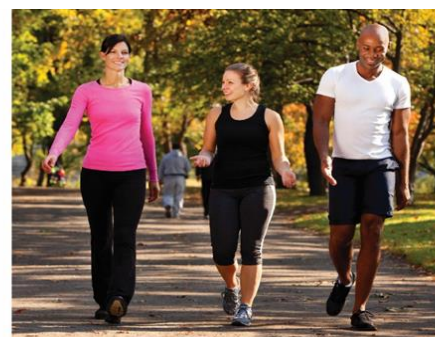
A structured exercise/activity program may be prescribed, progressed and monitored with consideration of the limited space and resources available due to social distancing measures. The exercise program may incorporate flexibility; muscle strengthening and/or cardio and/or balance training / neuromuscular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



ARTHRITIS
REHABILITATION &
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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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