

Supporting Tool #1: Patient Report Card

People with osteoarthritis (OA) can learn to manage their condition with support from their healthcare providers.

Circle how well you think you manage your OA

I need help!	Confident self-manager
←—————→	

Circle how much you think you know about OA

Don't know very much	I've got this
←—————→	

No one thing will 'fix' or 'cure' OA, but there are things you can do to manage your joint health.

Check what you've already tried—or not—before to keep your joints healthy:

Things You Can Try to Manage Your OA	Yes – tried	No – haven't tried
Learn more about OA and how to manage it (examples: GLAD® program, Alberta Healthy Living Program, Arthritis Society)		
Exercise on land (examples: GLA:D® program, walking, biking, strength training, physical therapy)		
Exercise in water (examples: swimming, aquacize, deep water work outs)		
Weight management and nutrition (examples: dietitian consult, weight management program, cognitive behavioural therapy)		
Joint protection (examples: knee bracing, foot insoles, assistive devices)		
Walking aides (examples: cane, walker, Nordic poles)		
Mental health support (examples: counselling, meditation, cognitive behavioural therapy, group support)		
Pain medicine (topical anti-inflammatories (NSAIDS), oral anti-inflammatories, joint injections)		

Lifestyle change isn't easy! What motivates you to improve your pain and mobility? Keep this in mind as you make a plan to improve your pain management and mobility.

Example: I really want to improve my mobility so that I don't have to ask others for help.

Your motivator: _____

The more important managing your OA is to you, the better you'll know how to manage it. Managing OA is part of your day-to-day lifestyle choices so it's important to know what your challenges may be.

Check off YOUR challenges:

- I don't have enough time
- I don't have enough money
- I have too many other responsibilities to focus on my own health
- I don't know where to start
- Other _____

Let's come up with some plans on how to deal with your challenges:

Plan: _____

Plan: _____

Plan: _____