

OA Health Resources for Clinicians

	Standard 1 Diagnosis	Standard 2 Care Plan	Standard 3 Tailoring Treatments	Standard 4 1: Education	Standard 5 2: Movement	Standard 6 3: Weight Management	Standard 7 Adjunct Treatments	Standard 8 Surgery Referral
Resources Recommended to Assist with Delivering Quality Management for OA Care								
First Relevance in Standard 1								
Sections 1-3 of the Arthritis Alliance of Canada OA Tool	✓							
FORM to Chart OA Assessment and Diagnosis	✓							
Alberta Referral Directory to assist with: <ul style="list-style-type: none"> Identifying diagnostic imaging locations Orthopaedic surgery referral requirements to the Alberta Hip and Knee Program (if appropriate) Designing a local Resource Inventory and keeping it up to date Referral to other clinicians 	✓	✓	✓	✓	✓	✓	✓	✓
First Relevance in Standard 2								
Shared Decision-Making Toolkit		✓	✓	✓	✓	✓	✓	
OA Self Management Toolkit , Includes: <ol style="list-style-type: none"> Report Card Treatment Menu 		✓	✓	✓	✓	✓		
SAMPLE Resource Inventory		✓	✓	✓	✓	✓		
TEMPLATE Resource Inventory		✓	✓	✓	✓	✓		
FORM to Document/Modify a Care Plan for Management of OA		✓	✓	✓	✓	✓	✓	
Tables of Examples for the Treatment Toolbox		✓	✓	✓	✓	✓	✓	
Health Resource Table for Individuals with OA		✓	✓	✓	✓	✓	✓	
PEER OA Decision Aid		✓	✓				✓	
Health Change Methodology		✓	✓	✓	✓	✓	✓	
First Relevance in Standard 3								
FORM to Track Trialled Treatments			✓					✓
First Relevance in Standard 4								
PRESENTATION – Slide deck for OA Education Class				✓				
First Relevance in Standard 6								
Obesity Primary Health Care Resource Centre						✓		
Helping Adults with Obesity Who Have Functional Concerns - Handout						✓		
Nutrition Guidelines , specifically the “Adult Obesity Care” Guideline						✓		
Diabetes, Obesity and Nutrition SCN						✓		

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Consider using these modules and resources to support your clinic in becoming more Bariatric Friendly: Become a Bariatric Friendly Hospital – specifically the Resource Page As well as this: Checklist for Creating Inclusivity						✓		
Weight Management Workshops for Clinicians						✓		
Referral to Bariatric Specialty Clinics – Search on Alberta Referral Directory						✓		
Obesity Canada , specifically the Clinical Practice Guidelines and the Reducing Weight Bias Statement						✓		
Change the Conversation – Exploring Bias Around Overweight and Obesity						✓		
Bone and Joint Health SCN White Paper on Obesity and OA						✓		
Edmonton Obesity Staging System						✓		
Waist Circumference Measurement Guidelines						✓		
First Relevance in Standard 7								
Canadian Opioid Prescribing Guidelines							✓	
Arthritis Society Website on Medical Cannabis Use							✓	
Bone and Joint Health SCN White Paper on Stem Cells							✓	
First Relevance in Standard 8								
Hip and Knee Surgeon Referral Form								✓
Hip and Knee Surgical Care Path								✓
Patient Decision Tool for Hip Arthroplasty								✓
Patient Decision Tool for Knee Arthroplasty								✓
Additional Notes to Organizations Delivering Health Care								
Albertan clinicians must follow the policies and protocols as outlined by their respective colleges' Practice Standards when performing an assessment	✓							
Collect PROMs and PREMs to set baselines and assist with tracking the individual's disease progression. Digital collection provides the easiest mode for later analysis of changes.	✓	✓						
Resource Inventory Notes: <ul style="list-style-type: none"> Form clinic partnerships to create a common Resource Inventory for your local region Assign one person to review and update the Resource Inventory regularly Build relationships with the services listed on your Resource Inventory to make transition between care as smooth as possible for the individual with OA Keep accurate records of cost and wait times for local services to assist individuals wherever possible 		✓	✓	✓	✓	✓	✓	
Recommended PROMs and PREMs								
EQ5D-5L	✓		✓				✓	✓

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Subjective Osteoarthritis Performance Score (SOAPS)	✓		✓				✓	
Alberta Osteoarthritis Experience Measure (AOAEM)		✓		✓	✓	✓		
Other Encouraged Patient Reported Outcome Measures (PROMs) and Patient Reported Experience Measures (PREMs)								
PHQ-4	✓		✓					
Patient Specific Functional Scale (PSFS)		✓	✓		✓	✓		