

OA Health Resources for Individuals with OA

	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 to Assist You in Your Osteoarthritis (OA) Care Journey								
First Relevance in Standard 1								
Questions to Ask your Doctor about Joint Pain Handout Note: Information on Hand arthritis included	✓							
First Relevance in Standard 2								
OA Self Management Toolkit , Includes: <ul style="list-style-type: none"> • Report Card • Treatment Menu 		✓	✓	✓	✓	✓		
SAMPLE Resource Inventory – ask your clinician for one for your area		✓	✓	✓	✓	✓		
FORM to Document/Modify a Care Plan for Conservative Management of OA		✓	✓	✓	✓	✓	✓	
SMART Goals Worksheet		✓	✓					
PEER OA Decision Aid		✓	✓				✓	
First Relevance in Standard 3								
FORM to Track OA Treatments You Tried			✓					✓
First Relevance in Standard 4								
Intro to OA Education Class				✓				
MyHealth Alberta				✓	✓			
Healthier Together				✓	✓			
Better Choices, Better Health®				✓				
Arthritis Society Learning Modules: <ul style="list-style-type: none"> • Managing Chronic Pain • Medical Cannabis and Arthritis • Navigating Your Healthcare • Overcoming Fatigue • Eating Well • Daily Living • Staying Active • Mental Health and Well-being • Arthritis and Work 				✓	✓	✓	✓	
COMET Program Glen Sather Sports Medicine Clinic				✓	✓			

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GLA:D Canada and GLA:D Alberta				✓	✓			
First Relevance in Standard 5								
Finding Balance					✓			
Glen Sather Sports Medicine Clinic Videos for Safe Exercises for Osteoarthritis					✓			
Arthritis Society Flourish Exercise Videos					✓			
Rehab Advice Line					✓			
First Relevance in Standard 6								
AHS Nutritional Services – specifically Nutritional Education Materials						✓		
Eating Well for Weight and Health Handout						✓		
Call 8-1-1 (Health Link) and ask to speak to a Dietician						✓		
Your Best Health: Adult Weight Management Overview						✓		
Adult Weight Management Programs						✓		
Healthy Living Resources						✓		
AB Healthy Living Program						✓		
First Relevance in Standard 7								
How to Use a Cane							✓	
How to Use a Walker							✓	
Managing Chronic Pain with Cannabinoids							✓	
Stem Cell FAQ							✓	
First Relevance in Standard 8								
Patient Decision Tool for Hip Arthroplasty								✓
Patient Decision Tool for Knee Arthroplasty								✓
Hip and Knee Clinic Wait Time FAQ								✓
Hip Surgical Teaching Book								✓
Knee Surgical Teaching Book								✓