

Implementing high value care for osteoarthritis in Australia

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OUTLINE

1. What is high value care?
2. What drives the physiotherapy evidence-practice gap in Australia?
3. How can the physiotherapy profession make a difference?



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What is high value physio care?

“Care that is supported by evidence to provide benefit, and that is cost effective and safe”





What is high value physio care?



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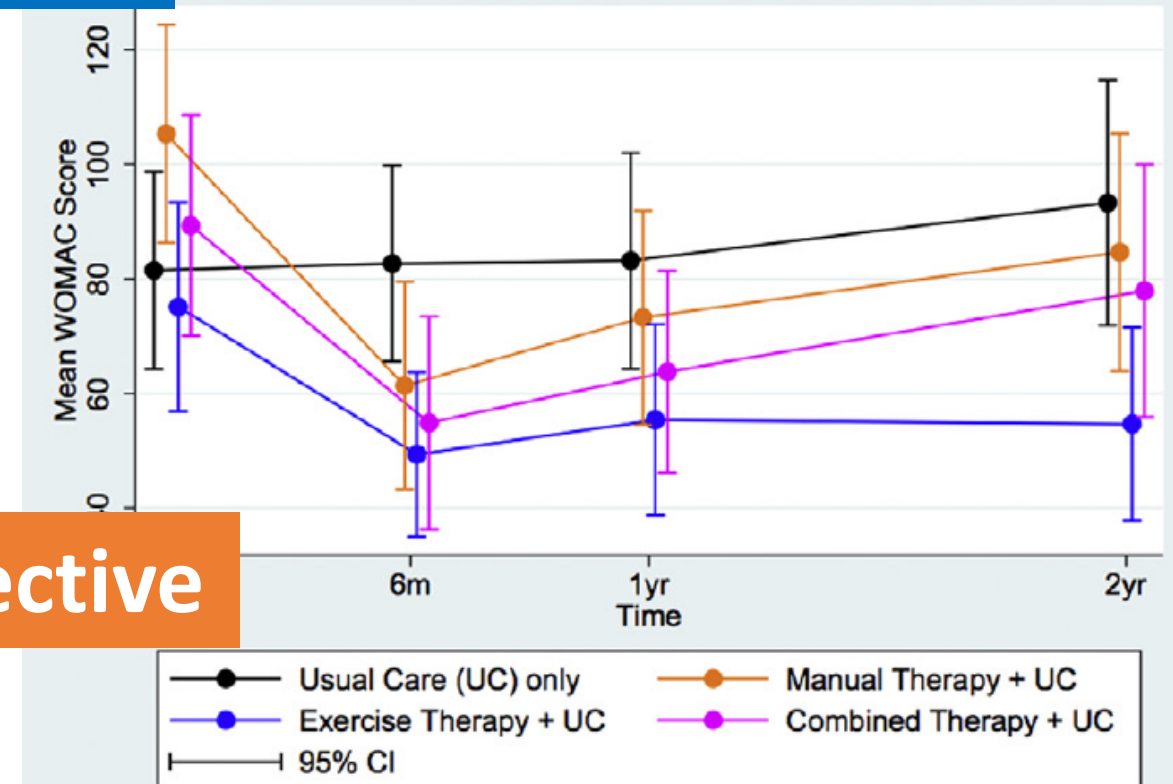
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Incremental clinical effectiveness and cost effectiveness of providing supervised physiotherapy in addition to usual medical care in patients with osteoarthritis of the hip or knee: 2-year results of the MOA randomised controlled trial

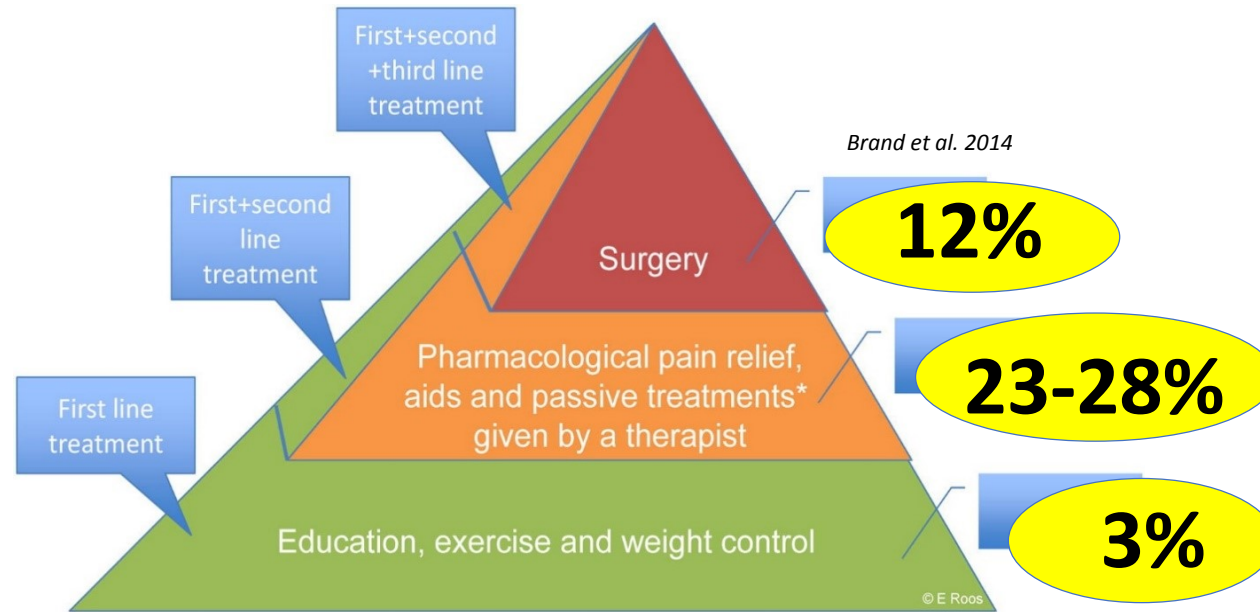
J.H. Abbott ^{†*}, R. Wilson [†], D. Pinto [‡], C.M. Chapple [§], A.A. Wright ^{||}, For the MOA Trial team^a

Exercise-therapy is cost-effective



Manual therapy is not cost-effective

GP referral patterns for OA in Australia

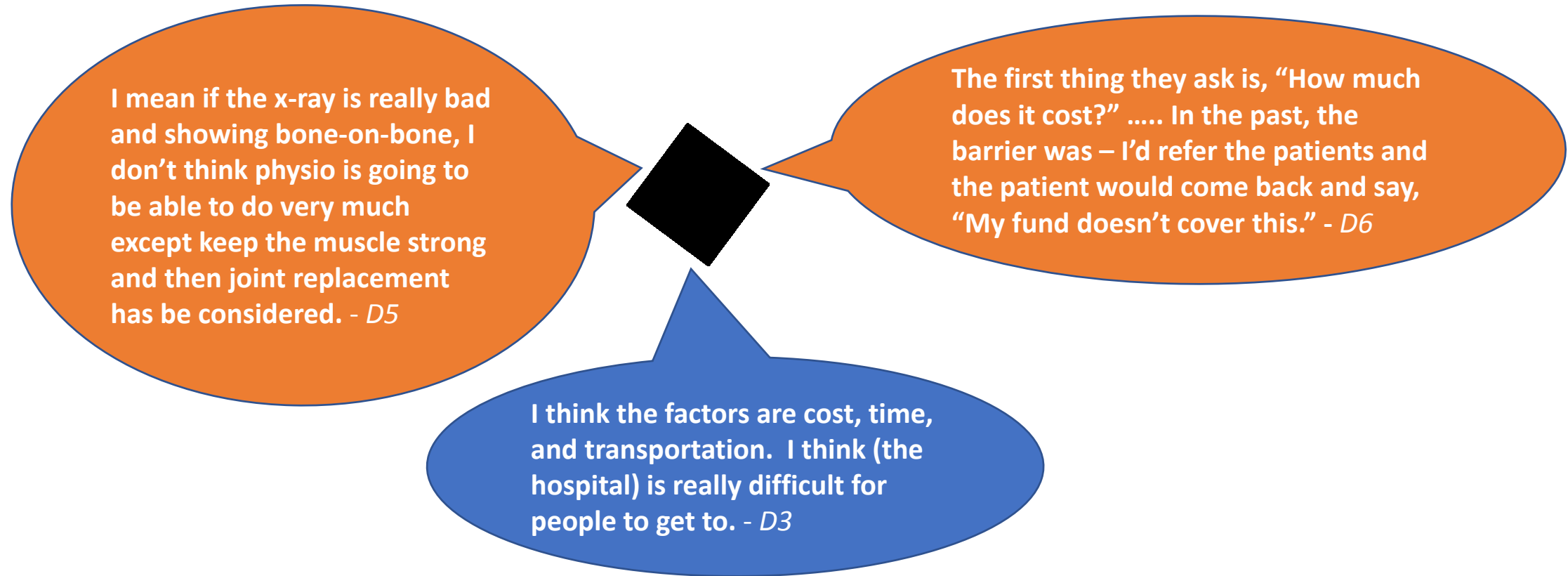


Imaging referred for 22% of the time!



Barriers at a referral level

5 GPs, 5 surgeons, 5 Rheumatologists



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Barriers at patient level

10 who *had completed/commenced*, and 10 who *had not commenced* GLA:D®



I think that you must always consider the cost of it, I think that's the first one , but the ability to attend which is not always clear cut as far as driving and trams and whatever is concerned. - P12

I think the biggest barrier is ignorance There was no understanding of the benefit of exercise on osteoarthritic needs. And within three months, I had such a major improvement and I've seen it with other participants who complete the program. But it's ignorance. - P1

I've just been on anti-inflammatories for too long. I guess if you fix it up, you take lumps and bumps out of any surface starting together, must ease it. - P20



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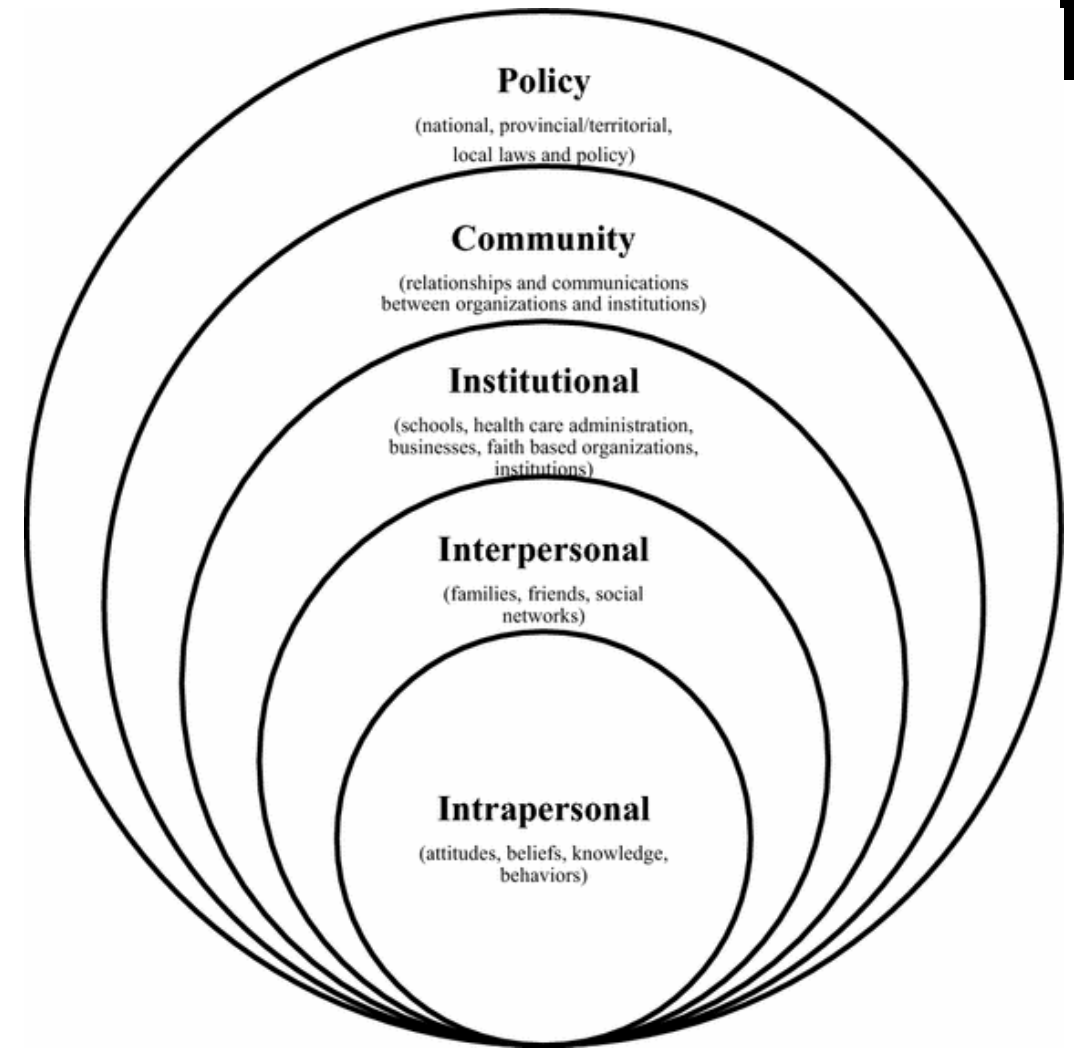
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Where do we intervene? Socio-Ecological Perspective

(Glanz and Rimmer 2005)



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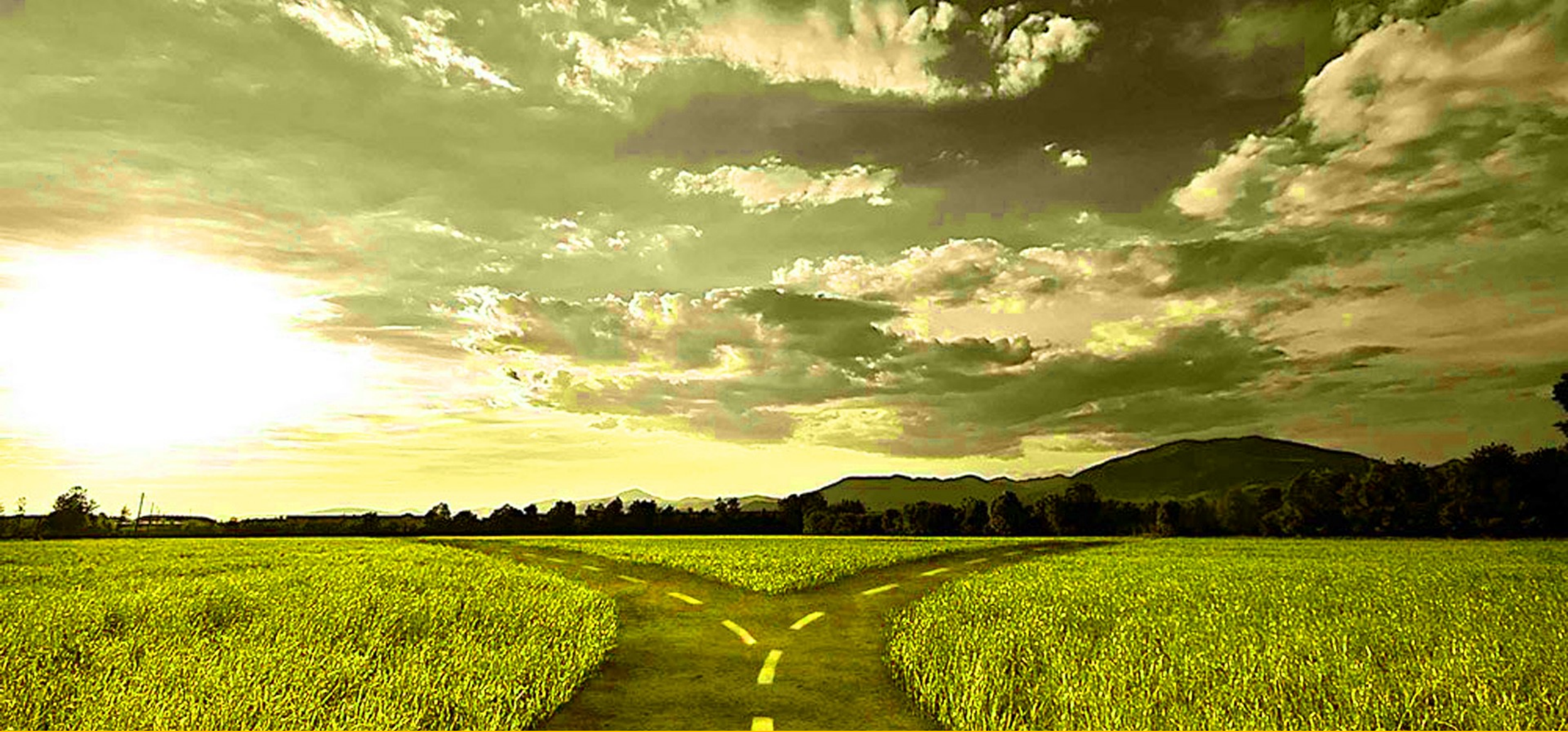
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#choosephysio?



BARRIERS TO EXERCISE-THERAPY IN PHYSIO PRACTICE

Limited funding to attend professional development...

Lack of opportunity to improve knowledge or training

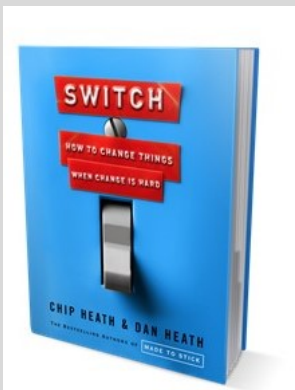
Poor access access to gymnasium

Clinic space is too small

Poor access to rehabilitation equipment

Follow up appointment time too short

Initial appointment time too short



0% 20% 40% 60% 80% 100%

■ Yes ■ Partially ■ No

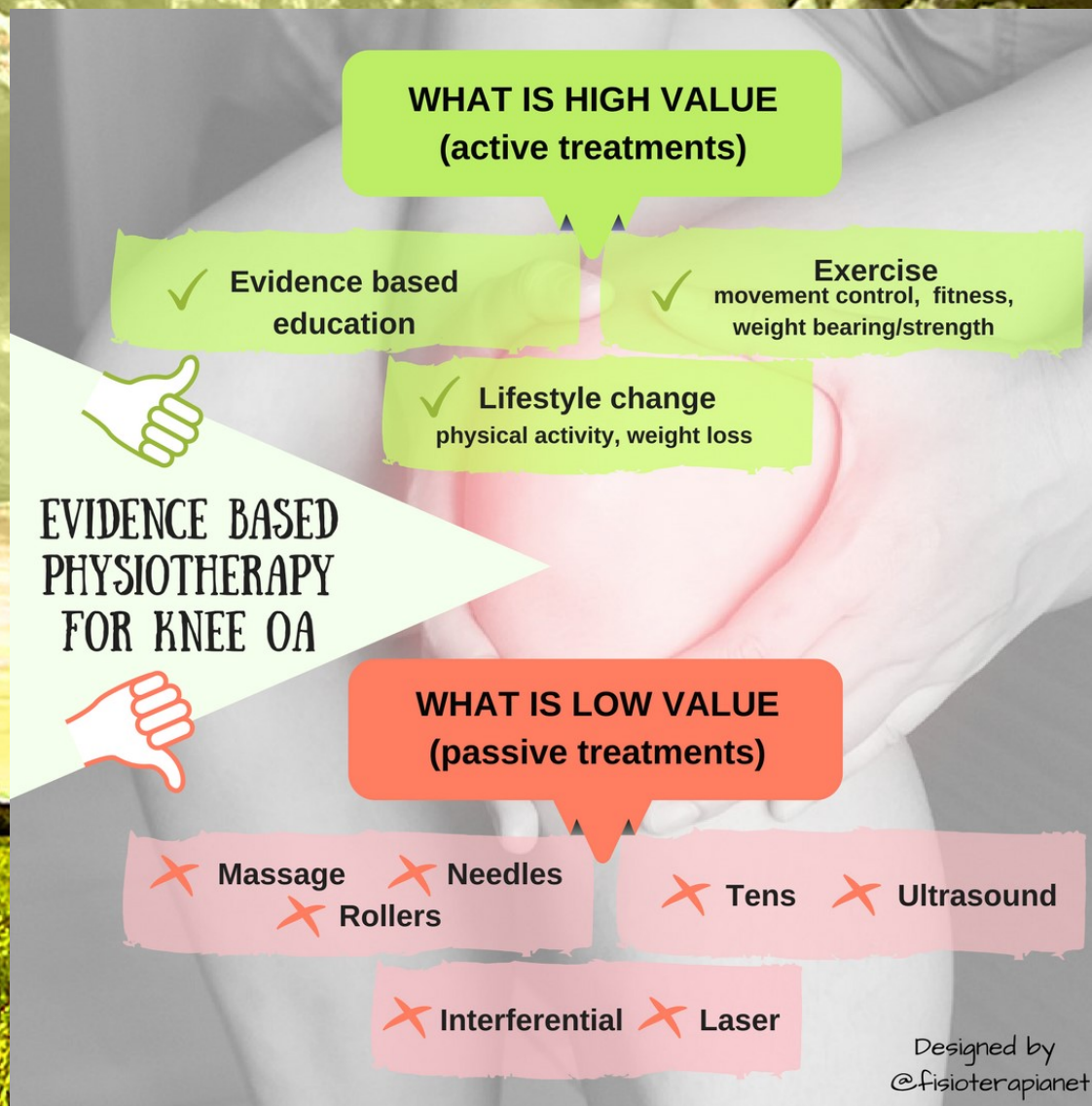
“Manual therapy is expected by patients and bosses and takes up time that could be better spent on exercise”

Physiotherapists in Australia

	Baseline (n=78)
Aware of guidelines	38%
<u>Confident or very confident in:</u>	
Prescribing neuromuscular exercise	38%
Providing education related to self-management	79%
Providing education related to physical activity participation	68%
Discuss the importance of weight management	60%

And then there is what we do





#choosephysio?



Welcome to GLA:D Australia

The best first treatment for hip and
knee osteoarthritis



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Physiotherapists in Australia

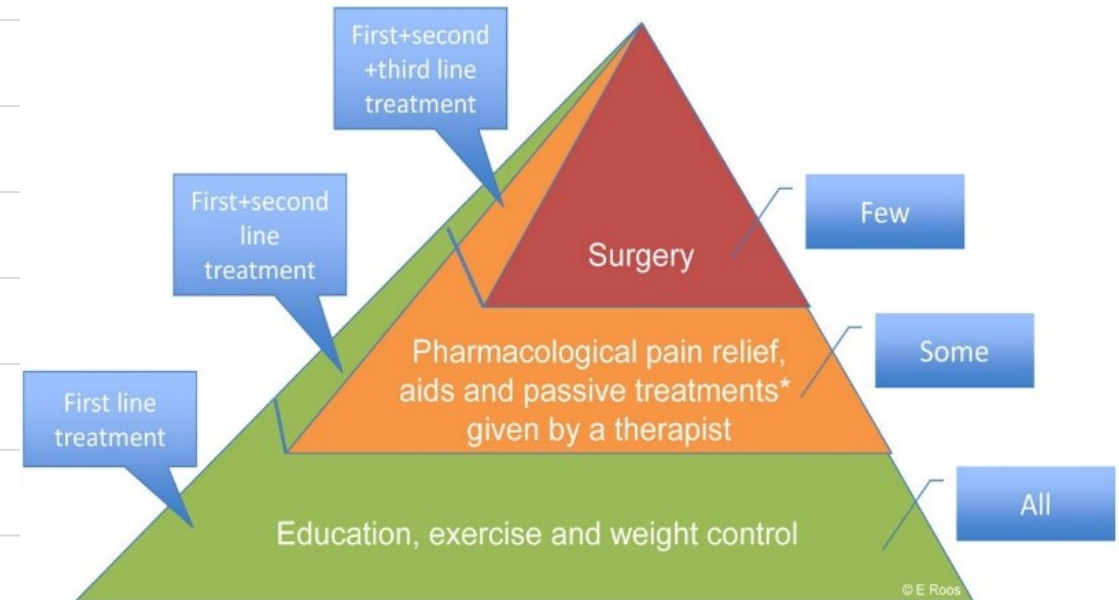
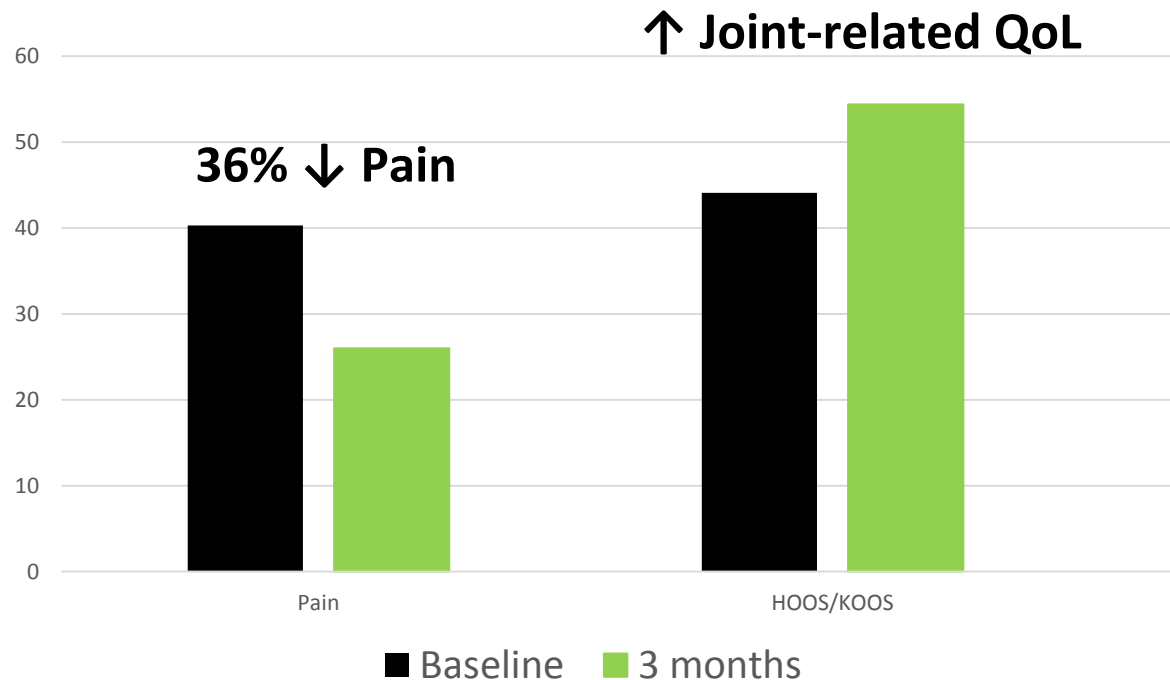
	Baseline (n=78)	12 month follow up (n=39)
Aware of guidelines	38%	81%
<u>Confident or very confident in:</u>		
Prescribing neuromuscular exercise	38%	90%
Providing education related to self-management	79%	97%
Providing education related to physical activity participation	68%	92%
Discuss the importance of weight management	60%	89%

69% implemented
the program
within 12-months



Patient level feasibility data in Australia (2017)

Hip/Knee osteoarthritis (n = 63)



250+ sites in Australia



> 25 tutors

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959 physiotherapists



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GLA:D[®] can change surgery intentions

Do you have so much trouble and pain from your knee that you want to have surgery?

- 294/1159 say yes at baseline – 25.4%
- **59% who said YES at baseline change to NO at 3 months**



Big data is powerful



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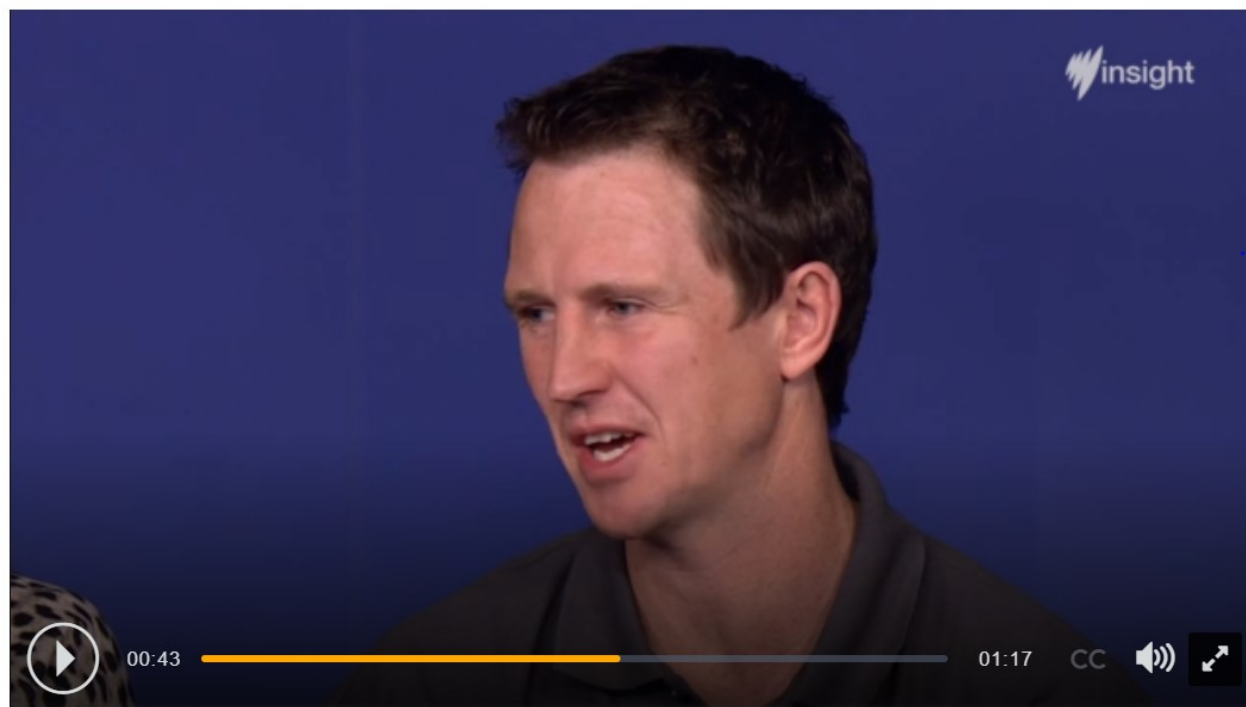
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MYTH BUSTED: Exercise isn't harmful for people with knee osteoarthritis



IMAGE

VIDEO

AUDIO

Advice to rest and avoid pain is commonly provided to people with knee and other joint pains - advice that is often wrong, and harmful.

Recommended

11 JUL 2018 - 11:19PM
First footage of Thai boys after traumatic cave ordeal

13 JUL 2018 - 7:19AM
New 'exercise pill' could be a game changer in fight against obesity

13 JUL 2018 - 8:33AM
High carb diet worse than high fat: study

12 JUL 2018 - 1:46PM
What does it take to be a survivor?

12 JUL 2018 - 6:26PM
In Baby Teeth, Links Between Chemical Exposure in Pregnancy and Autism

12 JUL 2018 - 3:04PM
Attention!

Browse by



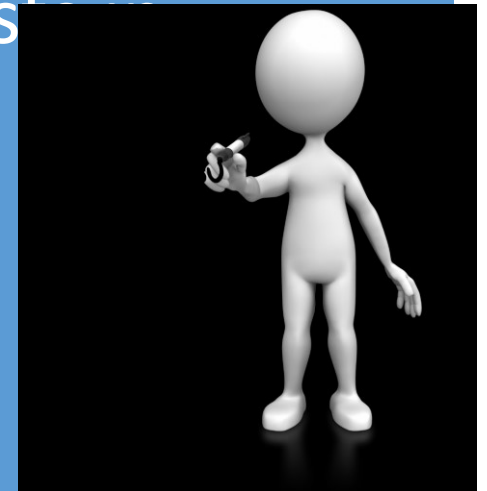
PROGRAMS



Taste le tour
with
Gabriel Gaté

TAKE HOMES

1. Exercise-therapy is cost effective and high value
2. The bottom up approach, driven by physiotherapists in Australia can change things
3. We need to work together – strength in numbers!



Today's slides and links:

<https://trekeducation.org/transform-oa/>

