

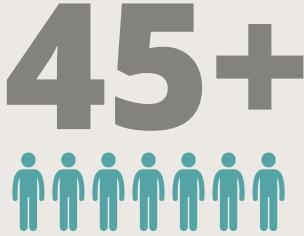
Online

# OSTEOARTHRITIS

## Management Programmes (OAMPS)

### OSTEOARTHRITIS:

Most common cause of muscle and joint pain in adults aged



High costs to health care and society

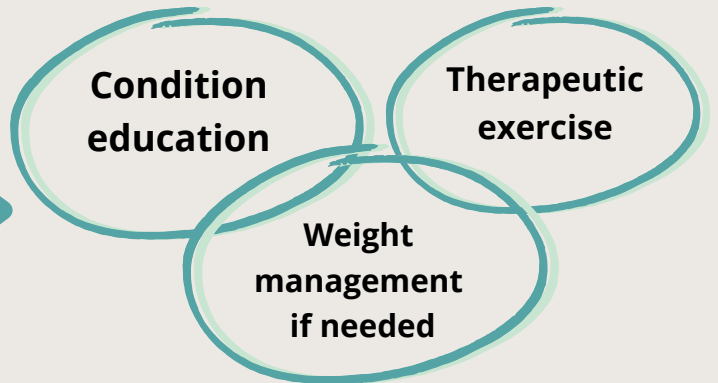


Major cause of disability globally



### SOLUTIONS:

Evidence based online treatment options effective in managing the condition



### ONLINE OAMPS:



escape pain



PEAK



*“ A model of evidence-based, non-surgical OA care that has been implemented in a real-world setting ”*

-Eyles et al (2019)

**An OAMP must:**

1. Be personalised
2. Be part of a package
3. Include two or more components of the core, non-surgical, non-pharmacological interventions (education, exercise, and weight loss)
4. Include optional adjunctive treatments

JIGSAW-E

Supported self-management for joint pain



joint academy®



@KeeleIAU



OAMPS identified by the Joint Effort Initiative Implementation Group (endorsed by Osteoarthritis Research Society International (OARSI)) as a response to covid-19. Solutions for healthcare professionals seeking to access and signpost patients with OA to remote, high-quality programmes that do not require face to face contact and training.