

Osteoarthritis is the most common type of arthritis. It is characterised by joint pain and mobility impairment associated with gradual wearing of cartilage and is a major cause of chronic musculoskeletal problems in older people. In Australia, around 10% of men and 18% of women suffer symptomatic osteoarthritis. There is currently no cure for osteoarthritis. Intervention is targeted at relieving symptoms, improving joint mobility and function, and maintaining quality of life.

Lifestyle modification, particularly weight loss and appropriate exercise, is important in both prevention and management of osteoarthritis. Multidisciplinary management plans need to focus on optimising the person's quality of life by decreasing pain, improving function, and providing skills and knowledge to manage a chronic condition and avoid complications.

The program covers the Guideline recommendations in the primary health care setting and focuses on short term care, long term care planning and management, and multidisciplinary co-ordination. It outlines the evidence regarding effective management of symptomatic hip and knee osteoarthritis in adults up until referral for joint replacement. Best practice management covers the optimal use of medicines; non-pharmacological conservative management; and care and referral pathways.

This program is one of four in the Musculoskeletal Guideline Series. The Royal Australian College of General Practitioners (RACGP) has developed national musculoskeletal clinical guidelines for general practitioners and other primary care health professionals for osteoarthritis, rheumatoid arthritis, juvenile idiopathic arthritis and osteoporosis.

Presenters:

Chair: Dr Norman Swan	Presenter of the <i>Health Report</i> on ABC Radio National
Professor Geoff McColl	Rheumatologist, Professor of Medical Education and Training, University of Melbourne (working party member)
Ms Rana Hinman	Physiotherapist, Senior Lecturer, Melbourne School of Health Sciences (working party member)
Dr Michael Yelland	General Practitioner, Assoc Prof. Primary Health Care, Griffith University, Brisbane
Mr David Ng	Pharmacist, Director SA/NT Branch Pharmaceutical Society of Australia, Adelaide

Learning outcomes

After viewing the program participants will be able to:

- Utilise the clinical guideline easily and effectively
- Demonstrate awareness of the recommended pharmacological therapies for hip and knee osteoarthritis
- Demonstrate awareness of the recommended non-pharmacological therapies
- Develop a goal-setting multidisciplinary care plan for a person with hip and knee osteoarthritis

Broadcast Details:

The program will be broadcast on Tuesday, 23 March, 2010 Channel 4 ACT/NSW/VIC/TAS 8.00pm SA 7.30pm QLD 7.00pm NT 6.30pm WA 5.00pm (& repeated in WA at 8.00pm on channel 23)	And repeated on Friday, 26 March, 2010 Channel 23 ACT/NSW/VIC/TAS 12.30pm SA 12:00 noon QLD 11.30am NT 11.00am WA 9:30am
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The program will be a simultaneous live satellite broadcast and interactive webcast. After the broadcast it will also be available on DVD, web streaming and audio pod-cast. For more information or to register for the webcast go to: www.rhef.com.au

Earn CME Points from these organisations: ACCRM, RACGP, RCNA, & APA

Please ensure you complete the provided Attendance Record and Evaluation Form before leaving the venue or complete on-line at our website.