

# Osteoarthritis (OA) Hip and Knee Service

## Information for general practitioners

### The Osteoarthritis (OA) Hip and Knee Service

The OA Hip and Knee Service is now available at a number of public hospitals in Victoria. This new service better coordinates the management of patients with hip or knee OA and helps prioritise patients on outpatient and elective surgery waiting lists. The service includes the use of the Hip and Knee Questionnaire and a new service model and is provided free of charge.

### Features of the OA Hip and Knee Service

- Early and comprehensive assessment
- Multidisciplinary team engagement
- Conservative management
- Monitoring, review and reporting
- Equitable and appropriate prioritisation for surgery



### The Hip and Knee Questionnaire

The Hip and Knee Questionnaire is a validated tool consisting of eleven questions, taking 5–10 minutes to complete. It is available in a number of languages and collects information about:

- severity of pain
- enjoyment of life
- ability to self care and care for others
- ability to undertake paid employment
- variations in the severity of disease over time.

A score will be calculated based on the answers given in the questionnaire. That score is then used in conjunction with clinical assessment to prioritise access to outpatient and surgical waiting lists. Patients may request your help to complete the questionnaire. It can then be reused at regular intervals to identify clinically and socially relevant changes in disease burden and the need for reprioritisation.

### How will the OA Hip and Knee Service help my patients?

The OA Hip and Knee Service will help patients self manage their OA by developing and coordinating a management plan that best suits their needs. The service provides information and guidance on the best way to manage OA, and can assist in detecting deterioration in health to ensure timely access to surgery when it is needed.

### How will the OA Hip and Knee Service help me as a general practitioner?

The OA Hip and Knee Service is committed to working collaboratively with patients and their general practitioners to achieve best possible outcomes in the management of OA. The findings of any assessment and proposed treatment plan will be forwarded for your information or feedback. The service will advise of any significant variation from the proposed treatment plan.

### Contact details

For further information about the OA Hip and Knee Service please contact:

**Hospital name:**

**Contact:**

**Phone:**

or visit the OA Hip and Knee website at: [www.oaservice.org.au](http://www.oaservice.org.au)