

HONG KONG EAST CLUSTER

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Healthy Knee Voyage: Chronic disease management model for Knee Osteoarthritis

健膝の旅



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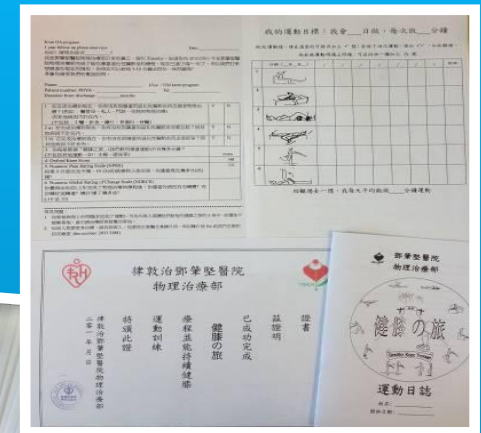
健膝の旅

Background

- Since 2010, a comprehensive program: Healthy Knee Voyage (HKV), was introduced in Tang Shiu Kin Hospital (TSKH) Physiotherapy Outpatient Clinic for patients with knee osteoarthritis (OA).

Healthy Knee Voyage 健膝の旅

- Patient empowerment in self management
- Goal-setting
- Exercise and Knowledge Education
- Monitor exercise performance and compliance
- Community integration

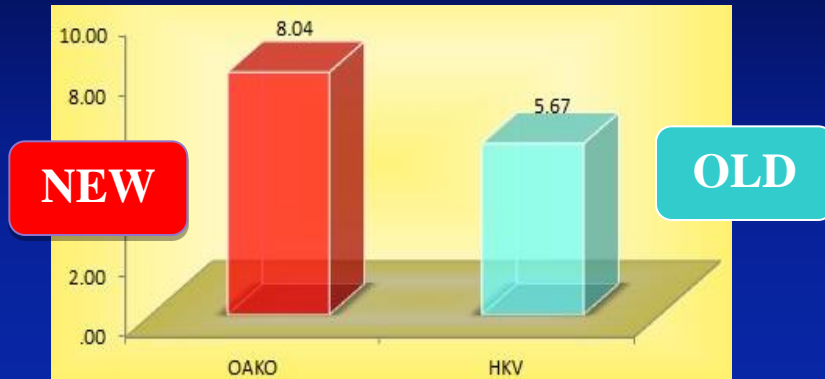


New Healthy Knee Voyage 健膝の旅 (HKV) (n=105):
2 individual sessions and
3 group sessions

The control Group (n=103): a course of individual physiotherapy advice, knee exercises and electrotherapy

Results

- Similar baseline demographic data
- **Number of PT Rx sessions**
- ***significantly fewer*** in new group

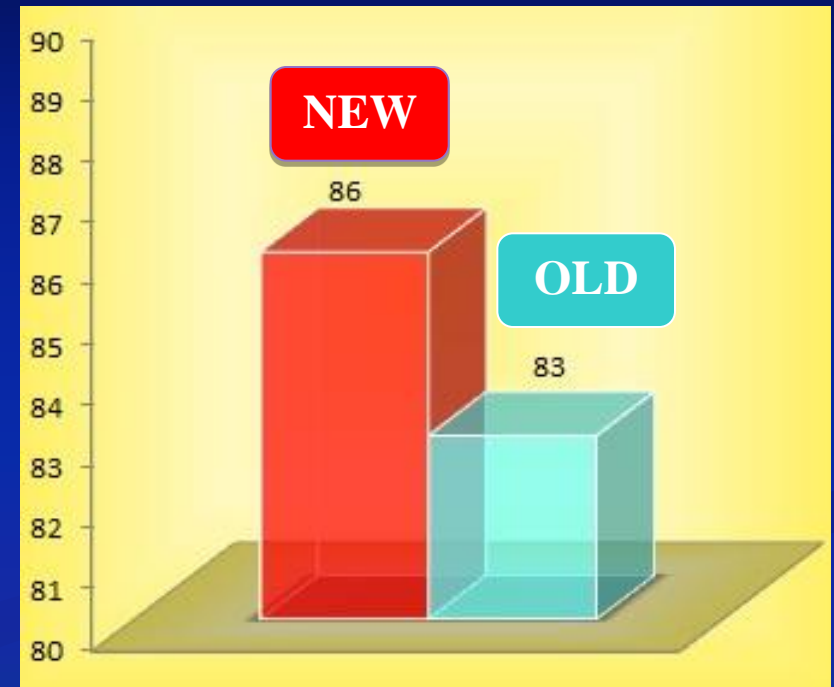


Knowledge Acquisition

	Old	New at discharge	New at 3 months
Knowledge Gained(%)	46	71.4	83.3

Patient satisfaction:

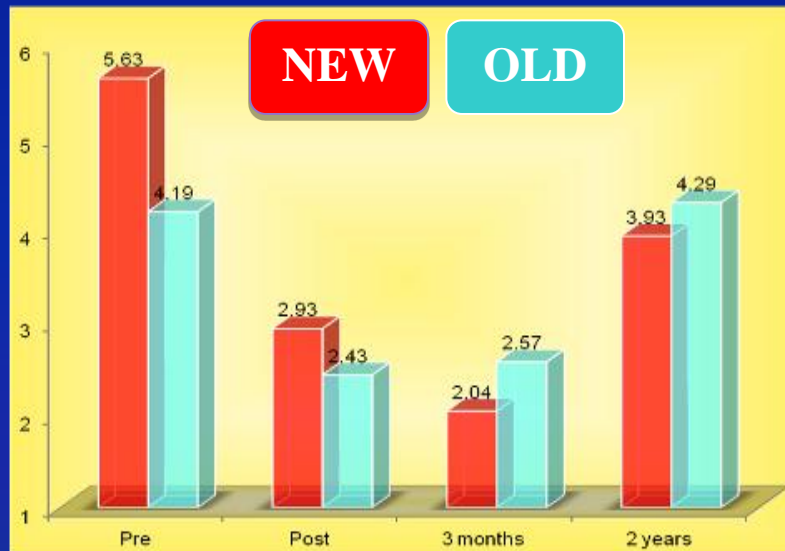
- At **3-month**, ***new*** group showed ***slightly higher*** satisfaction



Physical & functional outcomes:

•NPRS and OKS:

Compare	Discharge 3-month	3-month	2-year
With	Baseline	Discharge	Baseline
Results	<ul style="list-style-type: none"> <u>Significant improvement</u> in both groups (P = 0.028) 	<ul style="list-style-type: none"> <u>New group was significantly better</u> than the control group (P = 0.006) 	<ul style="list-style-type: none"> Both groups <u>showed continuous improvement</u> <u>New group showed tendency of better improvement</u>, although no significant difference between groups was found



Numeric Pain Rating Scale (NPRS)



Oxford Knee Score (OKS)

Exercise compliance (self-exercise time):

	<u>New Group</u>	<u>Old Group</u>
At Discharge	205 min/week	184 min/week
At 3-month	239 min/week	151 min/week

- At 2-year follow-up, no difference between groups were found



Further treatment in 2 years

At 2-year	<u>New Group</u>	<u>Old Group</u>
A&E attendance	< 2%	< 2%
Further PT Rx	< 14%	< 14%

Conclusion

- Healthy Knee Voyage :
 - was effective in improving pain and physical functioning in patients with OA knee
 - Less PT sessions
 - No additional resources needed