Holistic approach in the management of patient with Knee osteoarthritis (OA knee) (Osteoarthritis: care & management, NICE 2014) including:

- education
- self-management
- non-pharmacological intervention

A consistent theme in Occupational Therapy (OT), other literature & evidence shows that:

- self-management is essential to empower OA knee patients to take an active role
- so as to restore their life roles at Home, Work and leisure accordingly
Occupational Therapy Intervention for Patients with Knee Osteoarthritis – A Pilot Study

Athina POON, Maurice WAN

Objective 1:
empower patients to perform desired daily activities (ADL and Lifestyle) within the limit of OA knee symptoms

A customized 2-session OT Self-Management Program
For out-patient with Knee Osteoarthritis

Objective 2:
enable patients for the restoration of their life roles
Ergonomics

Activity pacing

Assistive device(s) consultation & prescription

Joint protection

Goal Setting Action Plan

Role restoration

Activity pacing

Assistive device(s) consultation & prescription

Joint protection

Goal Setting Action Plan

Role restoration
**Occupational Therapy Intervention for Patients with Knee Osteoarthritis – A Pilot Study**  
**Athina POON, Maurice WAN**

December 2015 to December 2016:

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<th><strong>Patient satisfaction survey</strong></th>
<th><strong>Mean</strong></th>
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<td><strong>Staff attitude</strong></td>
<td><strong>Responsiveness / Helpfulness</strong></td>
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<td><strong>Environment &amp; Facilities</strong></td>
<td><strong>Environment cleanliness / orderliness / comfort</strong></td>
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<td><strong>Equipment &amp; Facilities</strong></td>
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<td><strong>ADL function</strong></td>
<td><strong>↑ knowledge in manage OA knee symptom in ADL</strong></td>
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<td></td>
<td><strong>↑ confidence in manage OA knee symptom in ADL</strong></td>
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<td><strong>Maintain life role</strong></td>
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</table>
Occupational Therapy Intervention for Patients with Knee Osteoarthritis – A Pilot Study
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An effective non-pharmacological intervention for functional enhancement & quality of life in patients with OA knee

OT Self-Management Program for Patients with Knee Osteoarthritis

Helped patients with OA knee to develop effective self-management strategies in restoration of their life roles & optimal daily activity participation