



Service Priorities and Programmes
Electronic Presentations

Convention ID: 1305

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Comprehensive Osteoarthritis Management (COME) programme-Multi-Disciplinary Exercise Training Programme for patient with osteoarthritic (OA) knee in MMRC

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Keywords:

Exercise

Physiotherapy

Osteoarthritis

Introduction

Physiotherapist-led 'Supported Osteoarthritis Self-Management Programme' for patients with osteoarthritic (OA) knee is reported to be successful in Sweden. After a multidisciplinary team visit to Sweden, a similar rehabilitation programme has been launched in the Hong Kong West Cluster (HKWC).

Objectives

To report the effectiveness of the COME on physical capacity, self-efficacy and functions of patients with OA knee in the HKWC.

Methodology

Patients were referred to physiotherapist for assessment and setting of individualized rehabilitation goals. They attended a programme of an education class, 12 sessions of physiotherapy exercises and 4 sessions of occupational therapy in 6 weeks, followed by a three-month evaluation and one-year telephone follow-up. The programme consisted of knowledge transfer, muscle strengthening, neuromuscular control and coping skills for life style redesign. The outcome measures included subjective health assessment, patient specific functional score (PSFS), self-efficacy for exercise, arthritis self-efficacy scale for pain, time of physical activities and training per week, one-minute chair test, static quadriceps strength.

Result

The programme commenced in January 2016, with 103 patients recruited and 50 patients completed a three-month and one year evaluation in January 2018. There were 48 patients completed a three-month evaluation. Clinically and statistically significant improvements (p