



**Service Priorities and Programmes**  
**Electronic Presentations**

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

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**Introduction**

Patients with knee osteoarthritis (OA knee) commonly have limited physical and functional capacities. A Supported Osteoarthritis Self-Management Programme led by physiotherapist in Denmark with success in symptoms control, delay in need of joint replacement and improved quality of life of patients. After team visit to Denmark, a similar COME programme has been launched in the Hong Kong West Cluster for trial.

**Objectives**

This presentation is to report the effectiveness of the COME on physical capacity, self-efficacy and quality of life of patients with OA knee in the HKWC.

**Methodology**

Patients with OA knee were referred to physiotherapist for assessment and setting of individualized rehabilitation goals. The patients 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 the time of physical activities per week, one-minute chair

test, self-efficacy for exercise, patient specific functional score (PSFS), static quadriceps strength, and quality of life measure EQ-5D.

### **Result**

The programme commenced in January 2016, with 56 patients recruited and 42 patients completed a three-month evaluation in January 2017. Clinically and statistically significant improvements (p

1. Subjective health assessment -  $63.6 \hat{\pm} 17.5$ ,  $70.4 \hat{\pm} 14.3$ ,  $73.2 \hat{\pm} 17.0$
2. Time of physical activities per week in minutes -  $56.3 \hat{\pm} 57.4$ ,  $117.9 \hat{\pm} 105.3$ ,  $96.4 \hat{\pm} 66.7$
3. Training time per week in minutes -  $55.7 \hat{\pm} 85.5$ ,  $117.9 \hat{\pm} 105.3$ ,  $99.4 \hat{\pm} 100.1$
4. Self-efficacy for exercise -  $49.2 \hat{\pm} 15.8$ ,  $66.7 \hat{\pm} 11.2$ ,  $66.7 \hat{\pm} 13.5$
5. One-minute chair test in repetitions -  $24.3 \hat{\pm} 9.2$ ,  $31.6 \hat{\pm} 11.5$ ,  $35.8 \hat{\pm} 10.2$   
(Corresponding increases of 33% and 47% from baseline)
6. PSFS -  $3.49 \hat{\pm} 2.22$ ,  $6.71 \hat{\pm} 1.95$ ,  $6.66 \hat{\pm} 1.98$

The significant results suggest the programme is beneficial to patients in psychological and physical aspects. More complete data collection will be available in due course and new batches of patients will be recruited in the programme, given the promising results.