

Health care quality indicators for OA

HCQI OA 1: If a patient is diagnosed with symptomatic osteoarthritis (OA), then he or she should be assessed for pain, functional ability, level of physical activity, body mass index (BMI), and labor force participation at baseline or when experiencing significant pain or functional limitation

HCQI OA 2: If a patient with symptomatic OA is prescribed NSAID or aspirin then GI bleeding risk, CVD risks, and renal risks should be assessed

HCQI OA 3: If a patient with OA is overweight (as defined by a BMI ≥ 27), then he or she should receive information on weight management and offered referral to a weight management program.

HCQI OA 4: If a patient is newly diagnosed with symptomatic OA, then, he or she should be given individually tailored education by relevant health professionals about the natural history, treatment, and self management of the disease within 3 months.

HCQI OA 5: If a patient is diagnosed with symptomatic OA then a referral to a relevant health professional for instruction in an individualized exercise program including advice for physical activity, range of motion-, muscle strengthening- and aerobic exercises should be provided within 3 months.

HCQI OA 6: If a patient with a diagnosis of symptomatic OA reports difficulties in ambulatory and/or non ambulatory activities of daily living the need for assistive devices, orthoses, and environmental adaptations should be assessed and addressed.

HCQI OA 7: All professionals managing patients with OA at a primary health care centre should have continuous access to education on important preventive and therapeutic strategies in the management of OA.

HCQI OA 8: If a patient has a diagnosis of symptomatic OA and has failed to respond to pharmacological and non pharmacological therapy then the patient should be referred to an orthopedic surgeon when relevant.

HCQI OA 9: If a patient is diagnosed with OA and has been referred to an orthopedic surgeon, then the waiting time from first referral should not exceed three months

HCQI OA 10: If a patient is diagnosed with symptomatic OA and has functional limitation then an improvement of his/her functional ability by 20% on a patient reported outcome measure should be reached within three months after initiation/change of pharmacological/non pharmacological treatment.

HCQI OA 11: If a patient is diagnosed with symptomatic OA then his/her pain level should be reduced by 20% on a patient reported outcome measure within three months after initiation/change of pharmacological/non pharmacological treatment.

HCQI OA 12: If an individual of working age is diagnosed with symptomatic OA, then he/she should be enabled to participate in the labor market.