

Integrated Osteoarthritis Management™ Program



Dear Doctor,

RE: Osteoarthritis Chronic Disease Management Program

FREE to eligible members of participating private health funds

The *Integrated Osteoarthritis Management™* program is a Chronic Disease Management Program designed to help eligible members with significant knee or hip osteoarthritis (OA) and excess body weight achieve the following management goals:

- ✓ Reduce load and stress on their joints
- ✓ Keep their joints moving and improve their mobility
- ✓ Reduce severity of joint pain
- ✓ Improve fitness for joint replacement surgery and enhance preparation for post surgery rehabilitation (where applicable)

To achieve these goals the program will help your patient carefully and comprehensively take action to target multiple modifiable osteoarthritis risk factors including excess weight (**average weight loss > 7%**), poor lower limb muscle strength, low physical activity and pain management strategies.

The complete program is a structured, easy-to-follow protocol designed to assist you to continue helping your patients optimally manage their osteoarthritis, weight and other related co-morbidities. It will be co-ordinated and managed by Prima Health Solutions Pty Ltd*.

The weight loss and lifestyle modification strategies utilised throughout the program are consistent with current published medical research on weight management interventions and the *NHMRC Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults*.

For a detailed overview of the program please visit www.healthyweightforlife.com.au and click on the Osteoarthritis (OA) Program button.

Your patient has expressed an interest in participating in the program (at no cost to them). To comply with good medical practice they have been asked to consult you before they can be enrolled to confirm that they meet the clinical eligibility criteria for the program and that it is medically appropriate and safe for them to start the program.

If you have a question, comment or concern about any aspect of the *Integrated Osteoarthritis Management Program™* please don't hesitate to contact me directly on 1800 226 180 (free call), mobile 0418 280 344 or e:mail: luke@primahealth.com.au.

Regards

Luke Lawler

Luke Lawler
CEO and Scientific Director
Prima Health Solutions Pty Ltd

Participating Health Funds

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*An ISO 9001:2008 accredited organisation. (AS/NZS ISO 9001:2008 Quality Management Systems – incorporating Core Standards for Safety and Quality in Healthcare)

Treatment & Service: The Integrated Osteoarthritis Management™ Program

A specialised 18 week, 3 phase weight loss, lifestyle modification and osteoarthritis Chronic Disease Management program that strategically combines:

- a) **KicStart™ VLCD** - a thoroughly researched*, high quality and nutritionally complete VLCD (Very Low Calorie Diet) meal replacement to 'kick start' the weight loss process and boost motivation.

* for a full listing of KicStart™ clinical trials refer to the 'KicStart™ VLCD' presentation on the osteoarthritis program home page

- b) **Eating and activity process** – the TEMplate System™, a comprehensive eating modification program developed by expert Australian dietitians to teach patients how to:

- ✓ Understand the importance of portion controlled eating.
- ✓ Select the right portion of different food and drink at each meal.
- ✓ Develop a range of new habits to help achieve long term weight management.

- c) **Graded strength, balance and mobility program** – specially designed by an experienced sports physiotherapist specifically for older people with knee or hip osteoarthritis. It is based on current therapeutic exercise literature, professional body position statements and published research.

The program includes a range of gentle strength, balance and mobility exercises conducted in the standing position, whilst laying on a bed or sitting on a chair.

- d) **Physical activity** – patients are initially encouraged to aim for 3 x 10 minute walks on a flat surface each day, building up to and maintaining 30 minutes per day during phase 2 and 3 or using a pedometer to target 10,000 steps during the day.

- e) **Online coaching and education** – a carefully planned sequence of coaching sessions to build up knowledge and critical practical skills over time.

Each lecture supports a different aspect of the program or targets a specific learning objective.

- f) **Self monitoring and tracking system** – a secure and personalised web portal where patients can record their results (eg. weight, waist, pain, function, quality of life).

Their summary data can be printed out to be shared with you or the other relevant members of their healthcare team.

- g) **Personalised telephone motivation, support and advice** - a dedicated team of allied health professionals actively track patients progress and follow up as required to help develop strategies for overcoming barriers, solving problems and enhancing motivation.

Use of KicStart™ is phased out as patients progressively build up new sustainable healthy eating and lifestyle habits.

Indicative osteoarthritis exercises:

Level 1: Balanced sway, heel slide

Level 2: Standing calf raise, standing quad stretch

Level 3: sit to stand, step up step

Pre-existing Health Conditions and Medications:

Extra caution and close supervision is necessary for patients with multiple co-morbidities, those taking regular prescription medication (in particular warfarin, insulin, oral hypoglycaemics, diuretics and anti-hypertensives), those aged over 65, and with a history of gout*, gall bladder, kidney or liver problems.

(*rapid weight loss can raise uric acid in some individuals potentially resulting in the development of acute gout.)

Patients on warfarin, insulin, oral hypoglycaemics, diuretics and anti-hypertensive medication will require closer monitoring and may require dose adjustments.

At every stage of the program patients are advised that the information provided does not replace the specific advice given to them by their own healthcare professional or medical practitioner. They are required to consult their GP before commencing this program and are urged to attend regular checkups to keep their entire healthcare team updated with their progress. Patients are not required to have any assessments or blood tests that are outside normal clinical practice.

In addition patients enrolling in an Integrated Osteoarthritis Management™ program are advised:

'With calorie (or kilojoule) restriction, increased physical activity and weight loss you may experience substantial improvements in your blood glucose control, blood pressure or cholesterol. As your measurements change your GP or specialist may need to make adjustments to the dosage of some of your medication. Please consult your GP before making any adjustments to your medication. For specific advice on how best to manage your health risk factors please consult your GP, specialist or credentialled allied healthcare professional.'

Exercise Precautions:

The graded strength, balance and mobility program and the suggested target levels of physical activity are detailed on page 2. If the health status and personal circumstances of your patient would make this level of exercise and physical activity unsafe please advise them **not to participate in this part of the program**.

All patients are advised:

- ✓ it is important they only do exercises within their physical capabilities
- ✓ the exercises should not be difficult or cause them to be breathless
- ✓ to take their time and not continue exercising with increasing pain or pain that is moderate to severe.

Dietary Precautions:

The protein used in the manufacture of KicStart™ VLCD is primarily dairy based therefore the shakes and soups do contain naturally occurring lactose. Patients with mild lactose intolerance or sensitivity may be able to utilise a lactase supplement (eg. Lacteeze™) to reduce symptoms of lactose intolerance. Patients with significant lactose intolerance or allergies to dairy products should be advised not to participate in the program.

For patients diagnosed with coeliac disease – KicStart™ VLCD shakes have been found to be gluten free (no gluten detected to a sensitivity of 5 ppm). KicStart™ VLCD soups **do contain** gluten and should not be used by patients with a gluten intolerance or allergy.

Privacy:

No identifiable health information that is provided to Prima Health Solutions in any form including via the online patient portal, written or verbal will be provided to any third party without specific patient consent. De-identified pooled data will be analysed to help measure the impact and value of the program.

Integrated Osteoarthritis Management™ Program GP / Specialist Approval Form

Member Consent: I, _____ [member name] agree with the management goals and wish to enrol in the **Integrated Osteoarthritis Management™ Program**. In order to facilitate evaluation of the program, I consent to my identifiable BMI and knee or hip outcome questionnaire scores to be shared with my health fund. All other shared data will be de-identified.

Health Fund: _____ Membership #: _____ Ref.#: _____ (2 digit number beside your name on your membership card)
Date of birth: _____ / _____ / _____ Sex: M / F Day time phone number: () _____
Signature: _____ Email address: _____

GP / Specialist Approval: (this section must be completed and signed by a GP or specialist.)

The above named member details:

Weight: _____ kg Height: _____ cm BMI: _____ kg/m² Waist circumf: _____ cm

Osteoarthritis Program Eligibility Criteria: (must be able to answer 'yes' to at least 3 out of the 4 following criteria)

- BMI of ≥ 30 kg/m² yes no
- X-ray diagnosed osteoarthritis of the knee or hip yes no
- *Clinical opinion*, the named member has **either**:
 - a) symptoms and disease progression that is likely to necessitate referral to an orthopaedic surgeon in the foreseeable future to be evaluated for a possible joint replacement procedure **OR** yes no
 - b) an existing joint replacement that is failing and is at risk of needing further surgery in the foreseeable future yes no

Additional clinical history, including risk factors controlled by medication: (please tick all that apply)

Type 2 Diabetes	<input type="checkbox"/> yes <input type="checkbox"/> no	Heart attack	<input type="checkbox"/> yes <input type="checkbox"/> no
High Blood pressure	<input type="checkbox"/> yes <input type="checkbox"/> no	Coronary by pass surgery	<input type="checkbox"/> yes <input type="checkbox"/> no
High cholesterol	<input type="checkbox"/> yes <input type="checkbox"/> no	Cardiac Arrhythmia / Angina	<input type="checkbox"/> yes <input type="checkbox"/> no

Most recent measurements (where applicable) :-

HbA1c : _____ date measured:- _____ / _____ / _____
BP : _____ / _____ date measured:- _____ / _____ / _____
HDL : _____ LDL : _____ Total Cholesterol : _____ date measured:- _____ / _____ / _____

In my opinion it is medically appropriate and safe for this patient to start this Program.

Doctor's full name: _____ (please print) Provider No: _____

GP Rheumatologist Orthopaedic Surgeon Other Phone No: _____

Doctor's Signature: _____ Date: _____

[For GPs preparing a GP Management Plan (GPMP), review date for management plan: _____]

IMPORTANT, PLEASE RETURN COMPLETED and SIGNED FORM TO PRIMA HEALTH via:

a) Fax (02) 9451 4004 **OR**

b) Scan & email to oa@hwfl.com.au **OR**

c) Mail to : Prima Health Solutions, PO Box 6011, Frenchs Forest, NSW 2086