Joint Management: A Knowledge Synthesis for a Web-Based Platform for Individuals with Mild to Moderate Knee Osteoarthritis.

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Background

- Knee osteoarthritis (KOA) is a common musculoskeletal condition resulting in reduced quality of life, decreased mobility, pain, stiffness, reduced range of motion, and increased disability.
- Nonoperative KOA management emphasizes exercise as a first-line treatment; however, there are many misconceptions surrounding the safety of exercising with KOA.
- Running is a form of exercise many individuals believe is harmful, despite its many known, and well-studied, positive health benefits.
- Infographics are a knowledge translation (KT) aid that assists in the dissemination of evidence into clinical practice.

Methods

- An electronic database search was conducted which reviewed 229 articles to identify the effects of exercise and running on KOA.
- Two emerging topics were developed based on scoping review findings:
  1. The relationship between running and knee joint health
  2. Benefits of running in individuals with KOA

Results

- Three emergent themes were developed based on our scoping review findings and incorporated into the infographics:
  1. Protective effects of running for KOA progression and development
  2. Running does not worsen KOA
  3. Running recommendations

Discussion

- Healthcare provider stakeholders: 68% reported the infographics were easy to read/understand.
- Patient stakeholders: 96% found information on both infographics were valuable.

Future Directions

- We produced two knowledge translation products in the form of infographics.
- We identified a knowledge gap between patients’ beliefs surrounding KOA and the benefits/safety of running.
- Evidence-based infographics are accessible to public on the Joint Management website.

Conclusion

- We presented evidence-based research in the format of two infographics.
- Stakeholder feedback resulted in an addition of a disclaimer to contact a healthcare practitioner for further guidance regarding initiating or continuing running with KOA.
- Survey results demonstrated a discrepancy between clinician’s desire to implement this information and actual dissemination of this information to patients.
- Current evidence suggests that running is safe for knee joint health in individuals with and without KOA, and may have protective effects against KOA.

References