

K-BONE: Kootenay Boundary Osteoarthritis Needs Exploration

Osteoarthritis (OA) is a common and costly disease affecting nearly 14% of Canadians and costing in the order of \$19 billion annually. It is associated with significant pain and loss of function and an increased risk of other illnesses. Often the only treatments available are pain medications and eventually joint replacement. This continues to be the case in Canada, even though more than 50 high-quality clinical trials have demonstrated the efficacy of movement based programs that include education and supervised exercises¹⁻². Furthermore, international guidelines for the treatment of OA include exercise, weight loss and education³. For most Canadians, movement based treatments, including physiotherapy must be funded out of pocket, making them too expensive for many.

K-Bone is a project that aims to bring a community based, open access exercise and education program for OA to the Kootenay Boundary. Our model is based on an evidence based, established program (GLA:D)⁴ which was designed in Denmark and has been used in Vancouver and Kelowna. Group sessions can be offered via trained community facilitators lowering costs and making the treatment affordable.

The first step is to establish the need for such a program in our region. To this end a study has been funded by the Kootenay Boundary Physician's Association (KBPA) to survey residents living in this region with hip and knee pain. We need to know how many people have pain, whether the pain has just begun or whether it limits their activities, and whether they have received any treatments. Please note that none of the above information will include any personal identifiers. At this stage we are not recruiting participants for the proposed exercise and education program, rather we are simply trying to prove the need for such a program, should we be able to secure funding for it.

The survey will be open for 6 months after which we hope to use the findings to seek funding for a community based exercise and education program for hip and knee OA. Please feel free to pass this information on to your family and friends, we hope to hear from you!

References;

1. <https://www.sportgeneeskunde.com/files/bestanden/VSG8277.pdf>
2. Smith, King and Hing. The effectiveness of proprioceptive-based exercise for osteoarthritis of the knee: a systematic review and meta-analysis. *Rheumatol Int* (2012) 32:3339–3351. DOI 10.1007/s00296-012-2480-7
3. https://www.oarsi.org/sites/default/files/library/2013/pdf/part_ii_oarsi_recommendations_for_management_of_hipknee_oa_2007.pdf
4. <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-017-1439-y>