**Ouch!**

OSTEOARTHRITIS YOU CAN HELP
Riona Ni Mhuireartaigh PT, Caitriona McGuinn OT

**INTRODUCTION**

**OUCH!** is a new multidisciplinary (MDT) osteoarthritis programme launched in Tallaght in summer 2016.

It is a once off, three hour walk-in session with input from Physio and Occupational Therapy, Pharmacy and Dietetics.

**AIMS & OBJECTIVES**

- Easily accessed & timely MDT education programme for community dwelling locals.
- Self management focus throughout: knowledge and skills to be their own problem solver.
- Enhanced opportunities for peer learning.
- Efficient use of MDT time and resources: Educating participants through a group forum.
- Highlighting valuable local services for the arthritis population such as Arthritis Ireland, weight loss programmes etc.

**PROJECT DESCRIPTION**

- MDT meetings to define and frame topic areas.
- Open access, once monthly three hour group commenced.
- Ease of access: Held in local library near transport links.
- Language tailored to be inclusive to all.
- Importance of patient centred goals emphasised by every speaker.
- Allocated time for goal setting to maximise carry over to daily routine.
- Feedback forms completed in order to make programme improvements.
- Stanford Arthritis Self Efficacy Scale administered.
- Invited back for further problem solving and goal setting.

**RESULTS AND OUTCOMES**

Two classes completed (9 participants) since July ‘16

- **Enhanced OA Knowledge**: [Green] Agree, [Yellow] Strongly Agree
- **Recommend To A Friend**: [Green] Agree, [Yellow] Strongly Agree
- **Topics Relevant**: [Green] Agree, [Yellow] Strongly Agree

**CONCLUSION**

Arthritis information sessions provide a forum for a large number of professionals to educate the local arthritis population in a timely and client-centred manner.

The emphasis is placed on self-management and peer learning; feedback on this approach to date has been excellent.