



## Standards of Care for People with Osteoarthritis

eumusc.net standards of care aim to ensure that health care professionals know what should be done for people with osteoarthritis, and so that people with the condition know what standards of care they should receive. There are also checklists for people with osteoarthritis to use to ensure they are receiving the most appropriate care.

These recommendations are based on existing Clinical Practice Guidelines and expert consensus. The standards focus on prevention, access to care, early treatment and management of established disease.

### What this means for you and your Osteoarthritis...

1. Was my OA diagnosed by a health professional?
2. Do I have regular assessment concerning my symptoms and functioning in daily life?
3. Do I have a treatment target and a corresponding treatment plan?
4. Do I have the opportunity to receive support if needed from health professionals such as rheumatologist, dietician, general practitioner, nurse, occupational therapist, physiotherapist, psychologist and social worker?
5. Do I know how to control pain associated with OA?
6. Do I know how to maximise my physical function despite having OA?
7. Have I been assessed for any risks associated with my treatment?
8. Do I understand my disease and my role in its management?
  - Have I been offered information in different formats and/ or education about my disease?
  - Have I been informed about living with and managing my OA?
  - Have I been informed about a healthy lifestyle?
  - Have I been informed about exercises specific for me?
  - Have I been informed about pain relieving medication – the benefits and potential risks?
  - Do I know what benefit I can have from my exercise program?

Have I been informed and did I receive advice and training on aids, devices and ergonomic principles to enhance function in daily life and participation in social roles?

9. If my BMI is > 27, have I been informed about weight reduction?
10. Have I been informed about when surgery should be considered, what it involves, its benefits and risks?

**eumusc.net** is an information and surveillance network promoting a comprehensive European strategy to optimise musculoskeletal health. It addresses the prevention and management of MSC's which is neither equitable nor a priority within most EU member states. It is focused on raising the awareness of musculoskeletal health and harmonising the care of rheumatic and musculoskeletal conditions.

It is a 3 year project that began in February 2010. It is supported by the European Community (EC Community Action in the Field of Health 2008-2013), the project is a network of institutions, researchers and individuals in 22 organisations across 17 countries, working with and through EULAR.

**eumusc.net: creating a web-based information resource to drive musculoskeletal health in Europe**  
[www.eumusc.net](http://www.eumusc.net)

#### Disclaimer

The Executive Agency for Health and Consumers is not responsible for any use that is made of the information contained within this publication