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**Impact of self-care program in osteoarthritis management at the medical stage**

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**Keywords:** osteoarthritis; Self care; Beliefs

**Objective.** To assess therapeutic education program impact for osteoarthritis at the medical stage. Factors limiting efficiency and implementation of these programs such as patients’ beliefs will be highlighted.

**Method.** A non systematic literature review on Medline and Cochrane Library databases from 1966 to 2009 using following key words “osteoarthrosis”, “self care/therapeutic education”, “patients’ beliefs” is conducted. Clinical trials and randomized clinical trials, as well as literature reviews and practice guidelines, published in English and French will be analysed.

**Results.** Therapeutic education is part of the non pharmacological management of chronic illnesses such as osteoarthritis (OA). The aim of education at medical stage of OA is to change patients’ lifestyle, especially the regular practice of physical activity and weight reduction. Fears and avoidance assessment is necessary before patients’ education process.

**Conclusion.** The efficacy of therapeutic education could be optimised for the management of OA with use of standardized rules and methods to deliver information and education. One way to improve therapeutic education in the management of OA could be to propose specific continuing medical education programs supported by specific economic sources for health care professionals.

**Further reading**


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**Evaluation of a pre operative education approach for patient undergoing total knee replacement**

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**Keywords:** Knee osteoarthritis; Total knee replacement/arthroplasty; Patient education; Self care; Booklet; Perioperative physiotherapy

**Introduction.** The benefit of preoperative rehabilitation treatment combining physiotherapy and targeted education for patient undergoing TKR is well known [1]. There is no consensus about content of the delivered information for education process. To our knowledge no validated document content is available.

Our aim was to assess the impact of an education booklet deliver to the patient before surgery on patient’s score of knowledge (Co) and beliefs (Cr). This booklet, which explains the management of perioperative osteoarthritic knee, was designed for the study and was previously validated by a multidisciplinary group of experts and patients [2]. Our hypothesis is that the information delivered in this booklet improves both scores.

**Materials and Methods:** This prospective randomized study included 44 patients. Patients were all scheduled for TKR in the following month. Groups were randomized in intervention group G1 (n = 22) and control group G2 (n = 22). G1 received the booklet and the information delivered by the surgeon and G2 just received the usually delivered information. Evaluation was realized at inclusion, the day before surgery and 6 weeks after surgery with the scores Co and Cr. In addition a satisfaction score (Sa) was done at the final evaluation. Quantitative data were compared between groups with a Kruskal-Wallis test and qualitative parameters were compared using the Fisher-exact test.

**Results:** The two groups were statistically homogeneous. We did not find significant differences between the two groups regarding the different scores during the different evaluations.

**Discussion:** In our study, the delivery of an information booklet for patient education related to perioperative management of osteoarthritic knee, do not improve the different patient’s scores. It would be now interesting to study the impact of a complete multidisciplinary preoperative care, based on therapeutic education group on the same population of patient undergoing TKR.

**References**


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**Muscle strengthening after ACL surgery: Therapeutic education in multiple rehabilitation centers**

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**Keywords:** Therapeutic education; ACL plasty; Muscle strengthening

**Introduction.** Muscle strengthening has a significant effect on functional activities and improves the patient’s return to sports after anterior cruciate ligament (ACL) surgery. The impact of early postoperative muscle strengthening has been widely reported in recent studies [1]. Maintaining a safe self-training programme is necessary but difficult for a patient leaving the rehabilitation centre without supportive assistance. It can be improved with therapeutic education.

**Goals:** The first phase is designed to:

- determine practices and involvement level for therapists from five rehabilitation centers in terms of information delivery and therapeutic education after ACL plasty;
- assess the collection and traceability of the information to develop a training programme;
- assess patient experience and assessment of the rehabilitation programme.

**Methods.** A multidisciplinary steering committee from five rehabilitation centres was created and proposed to assess the opportunity of this therapeutic education: the assessment was based on three investigations: first an anonymous professional practices audit, second a retrospective study of a sample of 200 patients during their rehabilitation programme in 2011, third an audit of another sample of 200 patients at the end of their programme in 2012.

**Results:** From the professional investigation: 80% of the physiotherapists evaluated knowledge and practices about muscle strengthening; but only 60%