

| Checklist for Pharmacotherapy Consideration | ✓ |
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| Patient has tried non-Rx (e.g. weight loss, increased activity, thermal modalities), but pain persists | |
| Arthritis education has been provided | |
| Current medications and supplements have been reviewed | |
| Medication allergies have been discussed | |
| Medical history has been discussed | |
| Acetaminophen (mild-moderate pain) – Maintain < 4 grams per 24 hours from all sources | |
| <i>Failed adequate trial of scheduled acetaminophen</i> | |
| NSAIDs (OTC) – Assess patient for appropriate use and risk factors (GI, renal, CV, asthma) | |
| <i>Failed adequate trial of scheduled NSAIDs</i> | |
| Recommend referral to PCP for further evaluation | |

Learn more about the symptoms of osteoarthritis at StandUp2OA.org



OSTEOARTHRITIS
ACTION ALLIANCE

| Nonpharmacological Treatment Options Checklist | ✓ |
|--|---|
| Arthritis education | |
| Weight loss (if overweight) | |
| Increase physical activity | |
| Information regarding community-based resources | |
| Exercise (non-weight bearing on the affected joint/s) | |
| Assistive walking devices (e.g. cane) (if applicable) | |
| Corrective footwear (if applicable) | |
| Hot or cold therapy | |
| Referral to physical therapy and/or occupational therapy | |

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