

# SIMPLE Targets of OA Therapy

Helping your patient with their osteoarthritis symptoms is **SIMPLE**. Remember these steps to prevent and treat osteoarthritis.

- › Symptom management (e.g. reduce pain and stiffness)
- › Increase **Mobility**
- › **P**revent disability
- › Maintain or improve quality of **LifE**

Learn more about the symptoms of osteoarthritis at [StandUp20A.org](https://StandUp20A.org)



# Resources for People with Arthritis

Visit <https://oaaction.unc.edu/RxLinks> to access these resources.

Tips to set goals and overcome barriers to become and stay physically active.	Active Living Every Day
Find water aerobics classes in your area for a low-impact workout with less pain.	Arthritis Foundation Aquatics Program
Tips to start or maintain an exercise program for those with osteoarthritis.	Arthritis Foundation Exercise Program
Learn about this group physical activity class and find one in your community.	EnhanceFitness
Find an exercise class in your area to have better movement in joints with less pain.	Fit and Strong
Get started with 4 progressive strength-training exercises and more.	Get Active
Find programs to help you manage your osteoarthritis symptoms, improve your quality of life, and reduce healthcare costs.	Self-Management Resource Center (Arthritis Self-Management Program)
Learn about the walking program that is proven to reduce the pain of arthritis and improve your overall health.	Walk With Ease
Get motivation and tips to help you lose weight for less joint pain.	Weight Management
Take steps now to prevent pain in the future.	Osteoarthritis Prevention
Get moving to prevent pain.	Tips to Increase Physical Activity

Checklist for Pharmacotherapy Consideration	✓
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	

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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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# Patient Information / Assessment

<b>Name / Date of Birth:</b>			
<b>Height:</b>	<b>Weight:</b>	<b>BMI (Body Mass Index):</b> BMI = $\frac{\text{(weight in kilograms)}}{\text{height in meters}^2}$	
<b>Joints affected:</b>			
<input type="checkbox"/> Hand <input type="checkbox"/> Foot	<input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> R <input type="checkbox"/> L	<input type="checkbox"/> Knee <input type="checkbox"/> Shoulder	<input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Hip <input type="checkbox"/> Neck <input type="checkbox"/> R <input type="checkbox"/> L <input type="checkbox"/> Back C/T/L
<b>Degree of Functional Impairment:</b> <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe		<b>Level of Physical Impairment:</b> <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Severe	
<b>Patient's Motivation:</b> <input type="checkbox"/> 1 (none) <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 (highest)			
<b>Patient's SMART Goals:</b> Specific, Measurable, Attainable, Relevant, Time-bound			

# Osteoarthritis Screening Questions

Yes

No

Have you ever been told by a doctor that you have inflammatory arthritis?

Did your joint pain start suddenly or abruptly?

Does your pain or stiffness last longer than 30 minutes after rising from a sitting position?

Do you have any of the following:

*Recent history of trauma (fall, car wreck, sports injury)*

*History of osteoporosis (fragile bones)*

*Fever*

*Rash*

*Muscle weakness*

*Burning, stinging, tingling, numbness around the painful joint(s)*

*Red, swollen joint(s)*

Do you have more than 2 or 3 painful joints?

Do you have any of the following health conditions:

*History of inflammatory arthritis (such as rheumatoid or gout)*

*Fibromyalgia*

Have you been experiencing excessive fatigue with your joint pain?

**If you answered “yes” to any of these questions, your symptoms could be something other than osteoarthritis. It is recommended that you talk to a physician about these symptoms.**

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