



The **Osteoarthritis Action Alliance (OAAA)** is a national coalition of concerned organizations mobilized by the Arthritis Foundation and the Centers for Disease Control and Prevention (CDC) in 2011.

The OAAA is committed to **elevating OA as a national health priority** and promoting effective policy solutions that aim to address the **individual and national toll of OA**.

Learn more at www.oaaaction.unc.edu and follow us on social media.

 @OsteoarthritisActionAlliance

 @oaaactionallianc

Learning Modules About OA*

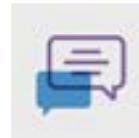
OACareTools also contains **9 self-paced educational modules** to expand users' knowledge of OA and help them support adults with arthritis in self-management strategies.



OA Prevalence and Burden



OA Prevention



Engaging Patients in OA Management Strategies



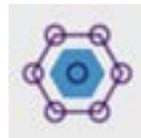
Community and Patient Resources



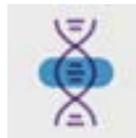
Clinical Management of OA



Case Studies



Comorbidities and Co-Occurring Symptoms



OA Pathogenesis and Risk Factors



OA Signs and Symptoms

*Learning Modules were developed independently by the OAAA as part of separate funding from a Pfizer Independent Grant for Learning and Change

OACareTools

Tools to help **healthcare providers and employers** reduce the burden of osteoarthritis



www.oacaretools.org



Osteoarthritis

Osteoarthritis (OA), the most common form of arthritis, is a serious chronic disease affecting 1 in 7 U.S. adults¹ and is a leading cause of disability.²

OA can cause pain, stiffness, and swelling, which may limit mobility and function and interfere with daily activities and work tasks.¹

The personal and economic burden of OA is significant, and the effects are felt by adults with OA, their families, employers, and communities. The good news is that there are strategies to help prevent and manage OA.¹

The OAAA envisions a nation where osteoarthritis is prevented and managed to improve the quality of life for Americans of all ages.

OACareTools

OACareTools is an online toolkit that aims to reduce the burden of this painful and costly disease. OACareTools is designed for three primary groups:

- **Healthcare providers** in primary care, including physicians, nurse practitioners, physician assistants, pharmacists, physical/occupational therapists, sports medicine professionals, athletic trainers, and fitness professionals
- **Employer representatives** such as business leaders, benefits/wellness consultants, human resource representatives, and occupational health providers
- **Adults and employees** with osteoarthritis

OACareTools includes multi-modal tools and resources customized for healthcare providers, patients, employers and employees.



Examples of resources are listed at right. Visit www.oacaretools.org for a complete listing and description of resources.

OAAA collaborated with Pfizer in the development of these resources.

Resources

Healthcare Providers

Guidelines for managing OA - Get the latest clinical guidelines at a glance

Exercise Rx for Arthritis - Help your patients create a physical activity plan

Functional assessments - Learn which assessment is right for your patients

Employers

OA facts & figures - Signs and symptoms, financial burden, and treatment

Is your workplace arthritis-inclusive? Improve the safety and health of your workers

OA prevention - Connecting OA with weight, including tips to manage both

Patients and Employees

Improving pain and function - Tips for managing arthritis at home and work

Evidence-based resources - Learn what's available for people with OA

Physical activity worksheet - Get physical activity recommendations and make your plan

Lifelong strategies to prevent OA - Reduce your risk with weight management and injury prevention

1. United States Bone and Joint Initiative. The Burden of Musculoskeletal Diseases in the United States (BMUS). In Fourth ed. 2018.

2. Hunter DJ, et al. Lancet. 2019;393(10182):1745-1759.