

# **Osteoarthritis of the knee clinical care standard indicators: 4a-Proportion of patients newly diagnosed with knee osteoarthritis with a documented recommendation regarding regular exercise**

**Exported from METEOR (AIHW's Metadata Online Registry)**

© Australian Institute of Health and Welfare 2024

This product, excluding the AIHW logo, Commonwealth Coat of Arms and any material owned by a third party or protected by a trademark, has been released under a Creative Commons BY 4.0 (CC BY 4.0) licence. Excluded material owned by third parties may include, for example, design and layout, images obtained under licence from third parties and signatures. We have made all reasonable efforts to identify and label material owned by third parties.

You may distribute, remix and build on this website's material but must attribute the AIHW as the copyright holder, in line with our attribution policy. The full terms and conditions of this licence are available at <https://creativecommons.org/licenses/by/4.0/>.

Enquiries relating to copyright should be addressed to [info@aihw.gov.au](mailto:info@aihw.gov.au).

Enquiries or comments on the METEOR metadata or download should be directed to the METEOR team at [meteor@aihw.gov.au](mailto:meteor@aihw.gov.au).

# Osteoarthritis of the knee clinical care standard indicators: 4a-Proportion of patients newly diagnosed with knee osteoarthritis with a documented recommendation regarding regular exercise

## Identifying and definitional attributes

Metadata item type:	Indicator
Indicator type:	Indicator
Short name:	Indicator 4a-Proportion of patients newly diagnosed with knee osteoarthritis with a documented recommendation regarding regular exercise
METEOR identifier:	644289
Registration status:	<a href="#">Health</a> , Standard 02/08/2017
Description:	Proportion of patients who are newly diagnosed with knee <a href="#">osteoarthritis</a> with a documented recommendation to obtain advice from a relevant health professional for appropriate exercise, or to participate in regular exercise independently or as part of an exercise program.
Rationale:	Exercise reduces pain and improves physical function in patients with osteoarthritis (Fransen & McConnell 2008; Jamtvedt et al. 2008).
Indicator set:	<a href="#">Clinical care standard indicators: osteoarthritis of the knee</a> <a href="#">Health</a> , Standard 02/08/2017

## Collection and usage attributes

Population group age from:	45 years
Computation description:	<p>Both the numerator and denominator include patients newly diagnosed with knee osteoarthritis. 'Newly diagnosed' means the patient was diagnosed or referred with knee osteoarthritis in the last three months.</p> <p>For the numerator, 'recommendation regarding regular exercise' includes recommendation to obtain advice from a relevant health professional for appropriate exercise, or to participate in regular exercise independently or as part of an exercise program. 'Documented' means that the advice provided to the patient or the referral to a relevant health professional to obtain advice regarding regular exercise is entered in to the patient's clinical notes maintained by the practice (paper or electronic).</p> <p>Both the numerator and the denominator exclude patients for whom exercise is contraindicated.</p> <p>Presented as a percentage.</p>
Computation:	$(\text{Numerator} \div \text{denominator}) \times 100$
Numerator:	Number of patients newly diagnosed with knee osteoarthritis with a documented recommendation regarding regular exercise.
Denominator:	Number of patients newly diagnosed with knee osteoarthritis.
Comments:	This indicator has been adapted from the <i>Health care quality indicators for osteoarthritis</i> (European Musculoskeletal Conditions Surveillance and Information Network 2008).

## Representational attributes

**Representation class:** Percentage  
**Data type:** Real  
**Unit of measure:** Service event  
**Format:** N[NN]

## Accountability attributes

**Other issues caveats:** Applicable setting: all healthcare settings where care is provided to patients with knee osteoarthritis, including primary care, specialist care, hospitals and community settings.

## Source and reference attributes

**Submitting organisation:** Australian Commission on Safety and Quality in Health Care

**Reference documents:** European Musculoskeletal Conditions Surveillance and Information Network 2008. Health care quality indicators for osteoarthritis. Truro: European Musculoskeletal Conditions Surveillance and Information Network. Viewed 29 March 2016, <http://www.eumusc.net/myUploadData/files/EUMUSC%20Health%20care%20quality%20indicators%20for%20OA%20KE.pdf>.

Fransen M & McConnell S 2008. Exercise for osteoarthritis of the knee. Cochrane Database of Systematic Reviews(4): CD004376.

Jamtvedt G, Dahm KT, Christie A, Moe RH, Haavardsholm E, Holm I et al. 2008. Physical therapy interventions for patients with osteoarthritis of the knee: an overview of systematic reviews. Physical Therapy 88(1): 123-136.