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

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

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| 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: | [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 02/08/2017 |
| Description: | Proportion of patients who are newly diagnosed with knee [**osteoarthritis**](https://meteor.aihw.gov.au/content/644538) 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: | [Clinical care standard indicators: osteoarthritis of the knee](https://meteor.aihw.gov.au/content/644256)  [Health](https://meteor.aihw.gov.au/RegistrationAuthority/12), Standard 02/08/2017 |

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| Collection and usage attributes | |
| Population group age from: | 45 years |
| Computation description: | 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.  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).  Both the numerator and the denominator exclude patients for whom exercise is contraindicated.  Presented as a percentage. |
| Computation: | (Numerator ÷ denominator) x 100 |
| Numerator: | Number of patients newly diagnosed with knee osteoarthritis with a documented recommendation regarding regular excercise. |
| Denominator: | Number of patients newly diagnosed with knee osteoarthritis. |
| Comments: | This indicator has been adapted from the *Health care quality indicators for osteoarthritis* (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%20 OA%20KE.pdf](http://www.eumusc.net/myUploadData/files/EUMUSC Health care quality indicators for OA KE.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. |