

What are my options for managing hip or knee osteoarthritis?

A stepped decision aid to discuss options with your practitioner

What is Osteoarthritis?

It breaks down the cartilage in a joint. This causes joint pain, stiffness and swelling. It limits people from doing what they want and need to do. Usually the symptoms come on slowly, but get worse over time. There is no cure but symptoms can be controlled.

How is osteoarthritis affecting you? (Check the answer that shows how you felt IN THE PAST WEEK)

In the past week.....

	Not at all/ No Pain	Mildly	Moderately	Severely	Extremely
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How intense has your joint pain been?

<input type="checkbox"/>					
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How much has your joint pain affected your sleep?

<input type="checkbox"/>					
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How much has your joint pain affected your overall quality of life?

<input type="checkbox"/>					
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How much has your joint pain made it DIFFICULT to do your daily activities such as errands, chores, hobbies, socializing, travel, and being physically active.

<input type="checkbox"/>					
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What are you doing now to manage your osteoarthritis? (Check those you use now)

The treatments are listed in levels ranging from simpler (0) to stronger (5). When simpler treatments no longer work, stronger ones with possible side effects are tried. Sometimes surgery is needed.

Level 0	<input type="checkbox"/> Nothing yet <input type="checkbox"/> Chondroitin	<input type="checkbox"/> Hot pepper cream such as Capsaicin	<input type="checkbox"/> Glucosamine	<input type="checkbox"/> TENS- Electrical currents applied to skin
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Level 1	<input type="checkbox"/> Exercise	<input type="checkbox"/> Healthy weight	<input type="checkbox"/> Acupuncture	<input type="checkbox"/> Acetaminophen such as Tylenol
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Level 2	<input type="checkbox"/> Non-steroidal creams (NSAID) such as Pennsaid® lotion	<input type="checkbox"/> Insoles	<input type="checkbox"/> Joint injection with steroid or viscosupplement
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Level 3	<input type="checkbox"/> NSAID pills such as Advil
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Level 4	<input type="checkbox"/> Opioid (narcotic) painkillers such as oxycontin, oxycodone, morphine, demerol
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Level 5	<input type="checkbox"/> See a surgeon about joint replacement
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List other things you have tried: _____

How often have you followed your current plan during the past week? (Circle the best answer)

I followed my exercise program	0 days	1-2 days	3-4 days	5-6 days	7 days	Does not apply
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I did things to control my weight	0 days	1-2 days	3-4 days	5-6 days	7 days	Does not apply
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I took my daily medicines	0 days	1-2 days	3-4 days	5-6 days	7 days	Does not apply
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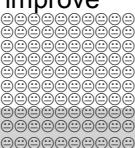
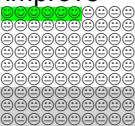
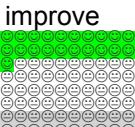
What are your options?

- **Make no change.** You continue as you are doing now.
- **Make a change.** You follow your plan more regularly or you try another option.

Working through the 4 steps of this decision aid may help you decide

Step 1: What are the benefits and harms of each treatment option?

Blocks of 100 faces show a ‘best estimate’ of what happens to 100 people who choose different options for one to 6 months. Each face (☺) stands for one person. The shaded areas show the number of people who improve (have less pain) or are harmed. There is no way of knowing in advance if you will be the one who improves or is harmed. About 30 out of 100 people will improve on their own even if they take an inactive or fake treatment. This is called the “placebo effect”.

Level	Options	Benefits	Serious Harms and Side Effects
Level 0 ^{++ to +++} These options have the same benefits and harms as a placebo (fake treatment)	<ul style="list-style-type: none"> Chondroitin Hot pepper cream (capsaicin) Glucosamine Electrical treatment applied to the skin (TENS) 	<p>In 100 people:</p>  <p>30 improve on their own 20 improve due to treatment 70 don't improve</p>	<p>The chance of serious harm is the same for treatment or placebo (fake treatment).</p> <p>Capsaicin can cause discomfort when applied to the skin.</p>
Level 1 ^{+++ to +++++} These options work a bit better than a placebo and avoid serious harm	<ul style="list-style-type: none"> Exercise Healthy weight Acupuncture Acetaminophen (such as Tylenol) 	<p>In 100 people:</p>  <p>30 improve on their own 16 improve due to treatment 64 don't improve</p>	<p>The chance of serious harm is the same for treatment or placebo (fake treatment).</p> <p>Exercise can cause people to stop due to pain.</p> <p>Acupuncture can cause bruising.</p>
Level 2 ^{+++ to +++++} For patients who fail level 1, these options work better than a placebo and avoid serious harm	<ul style="list-style-type: none"> NSAID creams (such as Pennsaid lotion) Insoles Joint injections with steroid or viscosupplement 	<p>In 100 people:</p>  <p>30 improve on their own 21 improve due to treatment 49 don't improve</p>	<p>The chance of serious harm is the same for treatment or placebo (fake treatment).</p> <p>NSAID creams can cause dry skin or rash.</p> <p>A common side effect from joint injection (viscosupplement) is a skin reaction at the joint site</p>
Level 3 ⁺⁺⁺⁺ These options work better than a placebo. More people are harmed by the treatment than in level 2.	<ul style="list-style-type: none"> NSAID pills (such as Advil) 	<p>In 100 people:</p>  <p>30 improve on their own 21 improve due to treatment 49 don't improve</p>	<p>NSAID pills can cause nausea, stomach bleeding or ulcers, or heart attack.</p> <p>In 100 people under 60 years with no history of a heart disease: 99 are not harmed 1 gets a heart attack due to NSAID pills</p> 
Level 4 ⁺⁺⁺⁺ These options work better than a placebo. More people are harmed by the treatment than in level 3.	<ul style="list-style-type: none"> Opioid (narcotic) painkillers such as opioids, oxycontin, oxycodone, morphine, demerol 	<p>In 100 people:</p>  <p>30 improve on their own 21 improve due to treatment 49 don't improve</p>	<p>Number of heart attacks increase in older people or those with previous heart attacks</p> <p>Opioid painkillers can cause nausea, constipation, or withdrawal symptoms.</p> <p>23 more people get withdrawal symptoms when their Opioid painkillers are reduced</p> <p>77 people avoid withdrawal symptoms</p> 
Level 5	Surgery	See a surgeon about joint replacement surgery if other options have not worked.	

NOTE: The estimates of benefits and harms of most options are based on sound research. Level 2 and 3 options and most of Level 1 options are rated '4 plus (+++). This means that further research is very unlikely to change the estimates. Some options in Level 1 (healthy weight), Level 2 (insoles) and Level 0 (Chondroitin, Capsaicin) are rated '3 plus (++). This means their estimates may change if further research is done. TENS in Level 0 is rated 'two plus (++)', which means that estimates are very likely to change with further research.

Step 2: Which reasons to choose each option matter most to you?

- Common reasons to choose each option are listed below
- Show how much each reason matters to you by circling a number from 0 to 5
- '0' means it is **not** important to you. '5' means it is **very** important to you.
- If a reason is important to you, the options to consider are shown in the column on the right

How important is it to you ...	Not Important		Very Important		Options to consider if this reason is important to you		
To get better pain relief	0	1	2	3	4	5	Try other options in your current Level or move to the next Level.
To avoid taking pills?	0	1	2	3	4	5	Try options in Level 1 or 2.
To avoid needles?	0	1	2	3	4	5	Avoid acupuncture in Level 1 and joint injections in Level 2.
To avoid bleeding ulcers or heart attack?	0	1	2	3	4	5	Avoid NSAID pills in level 3.
To avoid withdrawal symptoms?	0	1	2	3	4	5	Avoid OPIOID painkillers in Level 4.
List other reasons	0	1	2	3	4	5	
	0	1	2	3	4	5	

Now, review the reasons that are most important to you.

Do you need to change your current plan for managing osteoarthritis? Yes No
If so, do you wish to follow your current plan more regularly, or try another option? Yes No

Which of the following options do you prefer?

I am unsure

I prefer to make no change

I prefer to change my plan to: _____

➤ How motivated are you to make a change? Not Motivated 0 1 2 3 4 5 Very Motivated

➤ How confident are you that you can make this change? Not Confident 0 1 2 3 4 5 Very Confident

➤ List things that may get in the way of doing this:

➤ List things that may help you to do this:

Step 3: What else do you need to prepare for decision making?

Find out how well this decision aid helped you to learn the key facts.

Check the best answer.

1. Which option has the highest chance of improving pain?	<input type="checkbox"/> Steroid joint injection	<input type="checkbox"/> Acetaminophen	<input type="checkbox"/> Chondroitin	<input type="checkbox"/> Don't Know
2. Which option has the highest chance of bleeding stomach ulcers or heart attack?	<input type="checkbox"/> Glucosamine	<input type="checkbox"/> NSAID pills	<input type="checkbox"/> Opioid painkillers	<input type="checkbox"/> Don't Know
3. Which option has the highest chance of withdrawal symptoms?	<input type="checkbox"/> Glucosamine	<input type="checkbox"/> NSAID pills	<input type="checkbox"/> Opioid painkillers	<input type="checkbox"/> Don't Know
4. If 100 people take NSAID pills for 1 to 6 months, how many <u>more</u> people with no history of heart disease will have a heart attack from taking them?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2-5	<input type="checkbox"/> Don't Know
5. Over time, the pain from osteoarthritis usually...	<input type="checkbox"/> Gets worse	<input type="checkbox"/> Stays the same	<input type="checkbox"/> Gets better	<input type="checkbox"/> Don't Know

Check your answers against those at the bottom of the page

Find out how comfortable you feel about deciding.*

Check the best answer

Do you know enough on the benefits and harms of each option to make a choice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you clear about which benefits and harms matter most to you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have enough support and advice from others to make a choice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel sure about the best choice for you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered 'No' to any of these, discuss with your practitioner.

Make a list of your next steps.

This information is not intended to replace the advice of a health care provider.

Answers for key facts: 1. Joint Injection; 2. NSAID pills; 3. Opioid painkillers; 4. 1 ; 5. Gets worse.

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Conflict of interest declaration available from trader@uottawa.ca. Funded by the Canadian Institute for Health Research.

Format based on the Ottawa Personal Decision Guide © 2000 A O'Connor, D Stacey, University of Ottawa Canada.

References to the evidence can be found at www.cochranemsk.org.

Publication Date 2011. Last reviewed: June 7, 2011.

* Adapted SURE test © O'Connor & Légaré