

Older person aged 45 years and over with peripheral joint pain (of the knee, hip, hand or foot)

Goes to see the GP for help with the problem



### **GP consultation**

Problem assessed  
Diagnosis made

Patient's ideas, concerns and expectations elicited  
If osteoarthritis:

Diagnosis given & explained

OA guidebook given

Analgesia advice or prescription given

Appt. in the OA clinic offered



### **OA clinic**

Up to four 20min appointments with a practice nurse to **support** the self-management of OA:

- Providing education and advice
- Helping the patient to make changes
- Focussing on exercise, weight loss and pain control