

## Interview Guide

### INTERVIEW GUIDE

#### Questions: Physical Therapy Practice and Roles

1. Briefly tell me about how physical therapy fits into your provinces health care system.
2. What is your role as a physical therapist at your place of work.
3. Tell me about the types of clients with knee problems you see in your practice?

*Probes:*

- Describe a typical client with early knee OA.
  - Tell me about the clients you see in your practice that you think are at risk of developing knee OA.
4. What do you see as the role of physical therapists in preventing knee osteoarthritis?
  5. How do you approach clients you think may be at high risk for knee OA?
  6. What has been your experience working with clients with early symptoms of knee OA?
  7. Tell me about how you typically manage clients with early knee OA.

*Sample Probes:*

- What do you think are the most important things you can do to help people manage early knee OA?
- What do you think has been helpful in preparing you to treat this population?
- How do you find your clients with early knee OA symptoms respond to treatment?

#### Questions: Management of Clients with Early Knee OA

**[I'm going to read to you a brief vignette, or clinical scenario, of a person with knee problems. The vignette provides you with clinical information that would be ascertained from the client during a visit to a physical therapist. After reading the vignette, I will ask you some questions about how you might approach management of this client.]**

*A 43 year old woman named Susan visits your practice complaining of left medial and anterior knee pain. During the visit to your clinic, she reports stiffness and a feeling that she does not trust her knee anymore. She recounts injuring her knee downhill skiing more than 10 years ago. She never had it formally diagnosed or treated. She used to compete in sports recreationally and jogged 5 km/day regularly until a couple of years ago when she gave up these activities due to increasing knee pain. She still likes to walk and bike. Susan works as a manager and spends a lot of time sitting at a desk. Her general health is good, although she reports some weight gain since reducing her level of activity.*

*At her clinic visit, Susan tells you that her knee pain is aggravated by jogging, prolonged walking and going up and down stairs. She also has difficulty squatting down to play with her young children and kneeling on the floor. Susan reports that her knee problem can be a bit depressing. She would like to participate in more physical activities. She has tried doing exercises but isn't sure what she should or should not be doing.*

*Susan has had no investigations and this is her first time to physical therapy. On clinical exam, her back and hip were cleared of any involvement. Standing alignment of the knee is neutral for both knees and her gait pattern appears normal. There is no joint effusion. She has joint crepitus on knee flexion. Range of motion of the left knee is within normal limits. Her left quadriceps femoris muscles are weak.*

1. What do you think might be causing this client's problems?
2. Tell me how you would go about treating this client and what advice you might give to him/her?

*Sample Probes:*

- Tell me more about your **recommendations for exercise**.
- What recommendations would you give related to **physical activity**?
- What recommendations, if any, would you make about **weight management**?
- Tell me about what you expect might happen with this client?

**[I'm going to read to you another brief vignette, or clinical scenario, of a person with knee problems. The vignette provides you with clinical information that would be ascertained from the client during a visit to a physical therapist. After reading the vignette, I will ask you some questions about how you might approach management of this client.]**

*A 58 year old man named Peter was referred to your clinic by his primary care physician with a 4 year history of intermittent pain in both knees which was of insidious onset. He reports that it has gotten worse over time. Peter works as a manager in a hardware store (large box store) and spends a lot of time walking. He reports that he used to do a lot of heavy physical work on the job, such as lifting and carrying, but he doesn't do this much anymore due to his knee symptoms. Peter states that he has always been very strong and active and that not being able to do the activities he used to do is frustrating. Peter is overweight. Otherwise, his general health is good.*

*At his visit, Peter indicates he has medial knee pain which seems to be aggravated by kneeling, squatting, going up and down stairs and doing heavy activities at work (e.g. moving boxes). However, he indicates that the pain can be unpredictable. He reports knee stiffness in the morning and after prolonged sitting that resolves within a few minutes of moving around. Peter says he is very aware of his knees and often thinks about how to move his legs to avoid symptoms. He uses ice and heat to relieve symptoms.*

*Peter has never been to physical therapy before. He has a family history of osteoarthritis and wonders if that might be the cause of his problems. On clinical exam, his back and hip were cleared of any involvement. He presents with a normal gait pattern and standing alignment of the knees is neutral. He has medial joint tenderness on palpation but no joint effusion. His quadriceps femoris muscles are weak.*

1. What do you think might be causing this client's problems?
2. Tell me how you would go about treating this client and what advice you might give to him/her?

*Sample Probes:*

- Tell me more about your **recommendations for exercise**.
- What recommendations would you give related to **physical activity**?
- What recommendations, if any, would you make about **weight management**?
- Tell me about what you expect might happen with this client?

### Questions: Barriers and Facilitators to Management of Early Knee OA

1. Tell me about the barriers you face providing support for people with early knee OA?
2. Now, tell me about what helps you provide this support.

#### *Sample Probes:*

- What in the **health care system** hinders or helps you in providing management for people with early knee OA?
  - Do you feel your current **scope of practice** helps or hinders you in providing management for people with early knee OA? How?
  - What in your **work environment** hinders or helps you in providing management for people with early knee OA?
  - Are there **other people**, such as the people you work with, who help or hinder you from providing the recommended care?
3. How important do you think it is to provide recommendations on exercise and weight management for clients with early knee OA?
  4. Tell me about any problems you've encountered providing management for clients with early knee OA in your practice?
  5. What do you think the evidence for knee OA management suggests?
  6. Are you comfortable providing knee OA care based on clinical guidelines?  
*Probe:* Do you find any particular aspect of treating clients with early knee OA difficult?
  7. Do you view OA as a serious condition?
  8. What would help you in treating clients with early knee OA in your practice?
  9. Is there anything else you would like to talk about related to your views about or practice with clients with knee problems?

#### **Demographic Questions:**

1. A) What year did you qualify as a physical therapist?  
  
B) How many years have you practiced clinically as a physical therapist?
2. What is your highest level of education?
3. What type of environment do you work in:  
Hospital outpatient clinic   
Community health centre   
Family health team   
Private practice   
Other (please specify)  \_\_\_\_\_
4. What percentage of your practice is orthopaedic clients?

5. Do you work:  
Full time   
Part time
6. How would you describe your practice location:  
Urban   
Suburban   
Rural
7. Participant Sex:  
Male   
Female