



**INSTRUCTIONS**

Please answer by marking your chosen response clearly, like this:  Option 1  Option 2  Option 3

Please use a BLUE or BLACK pen ONLY.

Write clearly with BLOCK LETTERS for open-response questions, like this: BLOCK LETTERS ONLY

**1. DEMOGRAPHIC INFORMATION**

a. Please provide your email address.  
*This is required so we may contact you in the event you win the gift voucher prize - please use capital letters for ease of legibility.*

b. Please choose your gender:  Female  Male  Other  Prefer not to disclose

c. Please state your current age (in years):

d. Please select your discipline:  Medical student (final year)  Physiotherapy/physical therapy student (final year)

e. Please select your university:

<input type="checkbox"/> Auckland University of Technology (New Zealand)	<input type="checkbox"/> Curtin University (Australia)
<input type="checkbox"/> La Trobe University (Australia)	<input type="checkbox"/> Monash University (Australia)
<input type="checkbox"/> University of British Columbia (Canada)	<input type="checkbox"/> University of Melbourne (Australia)
<input type="checkbox"/> University of Otago (New Zealand)	

**2. TRAINING HISTORY**

a. Have you been awarded a University degree(s) or qualification(s) **prior** to entering your current training program?  
 Yes (please answer 2b)  No (please proceed to 2c)

b. Please select the qualification(s) and state the field(s) in which it was awarded:

Qualification	Field in which it was awarded (e.g. biomedical science)
<input type="checkbox"/> PhD	<input style="width: 100%; height: 20px;" type="text"/>
<input type="checkbox"/> Masters degree by research	<input style="width: 100%; height: 20px;" type="text"/>
<input type="checkbox"/> Masters degree by coursework	<input style="width: 100%; height: 20px;" type="text"/>
<input type="checkbox"/> Post graduate certificate or diploma	<input style="width: 100%; height: 20px;" type="text"/>
<input type="checkbox"/> Bachelor degree with honours	<input style="width: 100%; height: 20px;" type="text"/>
<input type="checkbox"/> Bachelor degree	<input style="width: 100%; height: 20px;" type="text"/>
<input type="checkbox"/> Other	<input style="width: 100%; height: 20px;" type="text"/>

c. Please indicate which year of your **current** training program you are currently completing (e.g. select 4 if you are in your fourth year):

0  1  2  3  4  5  6

d. Have you assessed or managed a person with a primary complaint of osteoarthritis during one or more of your clinical training placements related to your current training program?

Yes  No  Unsure

e. Have you had practical experience with developing or implementing a chronic disease management plan on one or more of your clinical placements?

Yes  No  Unsure

### 3. CONFIDENCE IN OSTEOARTHRITIS MANAGEMENT KNOWLEDGE

We are interested in your self-rated level of confidence related to osteoarthritis (OA) **management knowledge**.

*Please select one response option per item.*

<b>How confident do you feel in your <u>knowledge</u> of:</b>	Not at all confident	Not very confident	Somewhat confident	Confident	Very confident
The pathology (e.g. involvement of articular and peri-articular structures and neurobiology of persistent pain) and typical disease course of OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The relationship between pathology of OA and pain and disability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Risk factors associated with the development of OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current clinical diagnostic criteria for OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current best practice non-pharmacologic and non-surgical treatment strategies for OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Current best-practice pharmacologic care for OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Principles of chronic disease self-management for OA and other chronic health conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Principles for supporting self-management and health behaviour change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical performance measures to monitor the functional impact of OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appropriate tools to capture patient-reported outcomes to monitor the impact of OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Timing and suitability for surgical intervention for people with OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 4. CONFIDENCE IN CLINICAL SKILLS FOR OSTEOARTHRITIS MANAGEMENT

We are interested in your self-rated level of confidence related to **clinical skills** in osteoarthritis (OA) care.

*Please select one response option per item.*

<b>How confident do you feel in your <u>clinical skills</u> to:</b>	Not at all confident	Not very confident	Somewhat confident	Confident	Very confident
Clinically assess a person complaining of joint pain to determine the likelihood of OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engage in a discussion and provide education about:					
◦ The disease of OA (pathology, risk factors, typical disease course)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
◦ Role of exercise and physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
◦ Role of nutrition management (incorporating weight loss, if appropriate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
◦ Role of medicines	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
◦ Role of surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
◦ How to practically manage pain, based on a contemporary understanding of pain neurobiology	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
◦ A diagnosis of OA does not mean that joint symptoms will inevitably worsen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explain why a particular diagnostic test, imaging (e.g. MRI), procedure or surgery is <u>not</u> indicated to diagnose or manage osteoarthritis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discuss with a patient their beliefs about OA and their beliefs about therapeutic options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engage in shared decision-making regarding therapeutic options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Develop a management plan based on best evidence for non-pharmacologic and non-surgical care options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Support positive health behaviour change in a person with OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Develop a physical activity or exercise program that considers pain, disability and beliefs about physical activity/exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engage in a discussion with overweight or obese patients about a nutritional/weight management program, and develop such a program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Measure the impact of OA using standard outcome measures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 5. ATTITUDES TO MUSCULOSKELETAL PAIN

Please select the extent to which you **agree or disagree** with the statements below related to pain associated with osteoarthritis.

*Please select one response option per item.*

	Totally disagree	Largely disagree	Disagree to some extent	Agree to some extent	Largely agree	Totally agree
The severity of joint damage on imaging determines the level of pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Increased pain indicates new joint damage or the spread of existing damage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain is a nociceptive stimulus, indicating tissue damage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If pain increases in severity, I immediately adjust the management program accordingly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If patients complain of pain during exercise or activity, I worry that damage is being caused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Patients with pain should preferably do only pain free movements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain reduction is a precondition for restoration of normal functioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If treatment does not result in a reduction in pain, there is a high risk of severe restrictions in the long term	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint pain represents the presence of a structural injury	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In the long run, patients with joint pain have a higher risk of developing skeletal impairments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mental stress can cause joint pain even in the absence of joint damage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The cause of joint pain is unknown	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Functional limitations associated with joint pain are the result of psychosocial factors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is no effective treatment to eliminate joint pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning to cope with stress promotes recovery from joint pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People with OA will ultimately require joint replacement surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Arthroscopic surgery is an appropriate intervention to manage knee joint OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Magnetic Resonance Imaging (MRI) is an informative tool for the diagnosis and clinical management of hip and knee OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All people with OA should engage in physical activity or an exercise program, irrespective of the stage of the disease*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\* For this question "All people with OA should engage in physical activity or an exercise program, irrespective of the stage of the disease" **please briefly explain the rationale for your answer in the box below:**

## 6. BARRIERS TO DELIVERY OF BEST-PRACTICE CARE FOR PEOPLE WITH OSTEOARTHRITIS (OA)

In your day-to-day clinical study, you may have encountered specific barriers to delivering best-practice non-pharmacologic and non-surgical care to people with OA, such as education, supporting physical activity and nutritional/weight management. Below is a list of barriers that people have told us about.

**Please indicate the relevance of each item to your situation** (select one response option per item)

	Not at all applicable to me	Somewhat applicable to me	Applicable to me	Highly applicable to me
<b>6.1 Knowledge and skills</b>				
I am not aware of the current clinical guidelines describing best-practice non-pharmacologic and non-surgical care for OA, so I don't know <b>what care</b> to provide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find dealing with comorbid conditions associated with OA too complex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel comfortable in what care to provide, but lack skills in <b>how to deliver the care**</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Continued overleaf...

**\*\*If you selected highly applicable, applicable or somewhat applicable to me in the previous statement "I feel comfortable in what care to provide but lack skills in how to deliver the care" please answer the question below:**

**Please explain what skills you feel you are lacking in being able to deliver best practice care for OA**

## 6. BARRIERS TO DELIVERY OF BEST-PRACTICE CARE FOR PEOPLE WITH OSTEOARTHRITIS (OA) (cont.)

**Please indicate the relevance of each item to your situation**

(select one response option per item)

	Not at all applicable to me	Somewhat applicable to me	Applicable to me	Highly applicable to me
<b>6.2 Personal factors</b>				
Providing guideline-consistent care is difficult because clinical guidelines are difficult to <b>access</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Providing guideline-consistent care is difficult because clinical guidelines are difficult to <b>interpret</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clinical guidelines are not relevant to my practice because the profile of my patients with OA is different to those from which clinical guidelines have been derived	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6.3 Workplace/clinical placement factors</b>				
Delivery of best-practice non-pharmacologic and non-surgical care is too time consuming for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Colleagues within my clinical placements do not follow best-practice non-pharmacologic and non-surgical care for OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Team-based or interdisciplinary care, required for some patients, is not possible within my clinical placements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6.4 Health system factors</b>				
There are no financial incentives to deliver best practice non-pharmacologic and non-surgical care for OA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6.5 Patient factors</b>				
My patients seek care that does not align with current evidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My patients are unable to access appropriate care options due to their financial or geographic circumstances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6.6 Other factors</b>				

**Please use the text box to list any other barriers to delivering best-practice non-pharmacologic and non-surgical care to people with osteoarthritis that you have experienced in your clinical training placements**

## 7. PROFESSIONAL DEVELOPMENT MODES

Please rank your preferred modes of participating in professional development about osteoarthritis.

Please order the options below from 1 to 5, where 1 is most preferred and 5 is least preferred.

- Participation in a professional conference/lecture as a delegate (lecture based)
- Participation in face-to-face workshop-style activities (mix of lecture and small group work)
- Independent reading (e.g. text books, journal articles)
- Modular, interactive online learning
- Blended mode involving some modular, interactive online learning and some face-to-face learning

## 8. FURTHER PARTICIPATION

Are you interested in participating in other components of this research at a later stage?

- Yes, I am interested in participating in other components of this research       No, I am not interested