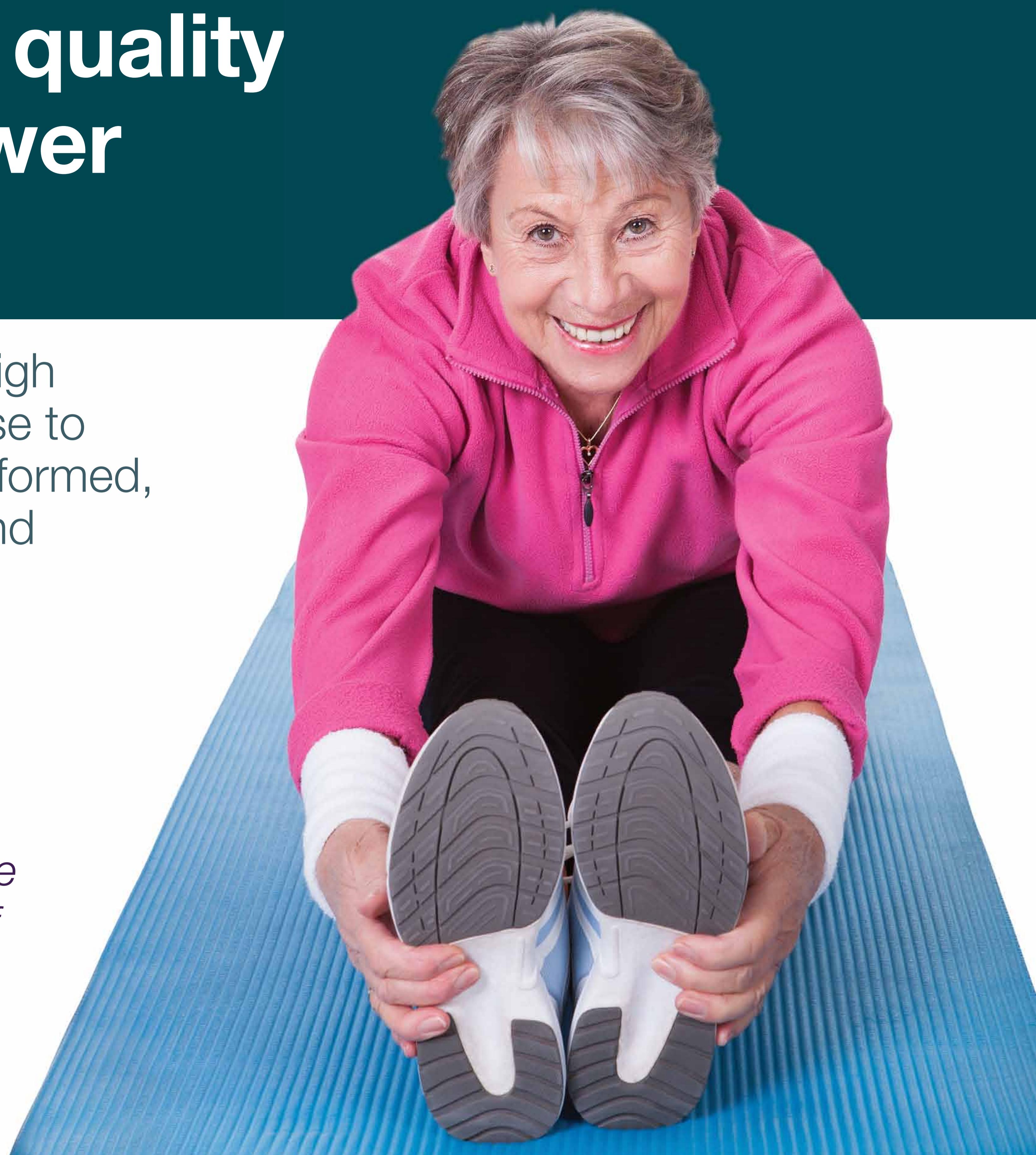


## OASIS Group: improving quality of life in patients with lower limb osteoarthritis

OASIS was set up to create a cost effective yet high quality and efficient treatment pathway in response to new NICE guidelines. A 6 week programme was formed, focusing on education with a holistic approach and exercise to improve strength and fitness.

*"The OASIS model is a simple but effective one, which allows patients living with OA to become more effective at independently self managing and dispelling some of the myths and fear surrounding the condition."*

**Emma Busby**, Physiotherapy Assistant Practitioner,  
Staffordshire and Stoke-on-Trent Partnership Trust



### OASIS defusing the time-bomb of lower limb arthritis

Osteoarthritis problems already cost £250 million per year and have the potential to be a time-bomb for the health economy, with an aging population that wants to remain active.

NICE guidance (CG177) states that exercise should be the core treatment for people with OA and include local muscle strengthening and general aerobic fitness.

The Integrated Physiotherapy Orthopedic and Pain Service (IPOPS), part of Staffordshire and Stoke-on-Trent Partnership (SSOTP) Trust, built upon the foundations of an existing rehab group to develop a programme with appropriate exercises at its core, alongside key education about osteoarthritis.

Overall project objectives:

- Increase function and reduce pain
- Reduce referrals to secondary care
- Empower patients to confidently self-manage their condition
- Provide a suite of documentation and patient education handouts/leaflets to facilitate understanding
- Implement evidence-based exercise regime targeted at improving muscle strength, aerobic fitness and function

### Cost effective project has positive impact

Over an initial 12 month period, patient and clinician feedback was collected to help develop the programme into a high quality and enjoyable patient journey from diagnosis to self-management, whilst remaining cost effective and time efficient.

The programme, led by physiotherapy assistants at two community hospital sites, increases availability for local patients and incurred no initial set up costs.

Each session was 60 minutes, combining various exercises set out into 10 stations and education with a different topic each week. Each patient attended once per week for the 6-week period. The exercise component has evolved to include a graded approach to each station, to create a more bespoke style for each individual.

Impact on patient outcomes has been unquestionably positive with feedback showing:

*"I now feel more confident and I am managing the pain well"*

*"Helped me to understand the importance of continued exercise"*

*"Now I feel a different person"*

### Improved function, pain and quality of life for patients

The project has been closely monitored with a mix of audits, PDSA's (Plan, Do, Study, Act), functional and pain data scores, patient satisfaction and stories.

Complete 2016 data shows:

- Reported pain scores reduced in 63% of patients
- Oxford Knee/Hip outcome scores improved in 64%
- 96% of patients improved in at least 1 functional measure
- 93% improved in at least 2

With an average group size of 6 patients per 6 week course, the cost saving made per year is £3691.38 vs. a normal course of 1:1 physiotherapy for the same duration.

Shaun Roberts said: "feedback so far has been extremely positive, and several other services from all over the country have already been in touch about adopting the model."

The future for OASIS is to be the main treatment for lower limb OA, thus increasing self-management and reducing 'frequent flyers' and referrals to secondary care.