

EVIDENCE FOR EQUITY

SELF-MANAGEMENT PROGRAMS FOR KNEE AND HIP OSTEOARTHRITIS

Self-management education programs are designed to help patients take an active role in managing their symptoms. They teach skills like problem solving, making decisions, finding support and taking practical steps to manage and cope with symptoms. The programs work together with medical care.

IS IT EFFECTIVE?

Self-management education programs probably result in small to no benefits in:

- self-management skills
- pain and function
- osteoarthritis symptoms
- quality of life

But they are unlikely to cause harm and are recommended in clinical guidelines.

HOW CERTAIN IS THE EVIDENCE?

Low to moderate certainty evidence
Downgraded for concerns about study methods and consistency of results

CHARACTERISTICS OF STUDIES



EQUITY FINDINGS

Specific equity issues identified:

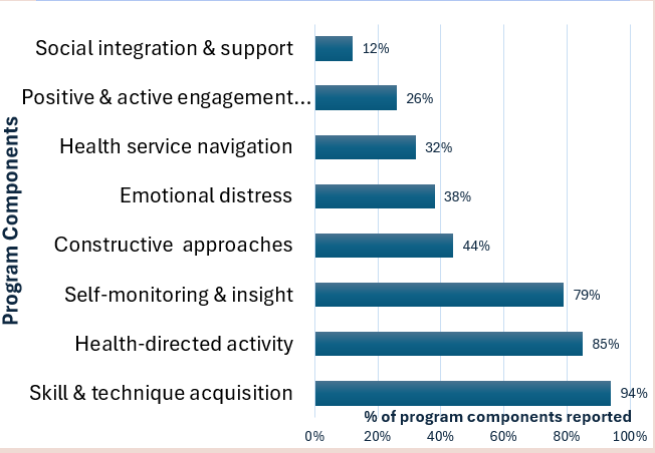
- Health literacy affects the ability to understand and apply self-management guidance
- Low income and people in rural or inner-city communities may face barriers due to cost and access
- Cultural beliefs and language may influence understanding and uptake of therapies



In studies targeting populations with low health literacy, income, or racialized communities, the interventions were:

- adapting content using plain language and culturally relevant examples in local language with input from locals
- held at familiar and accessible locations
- found to improve clinical and self-efficacy outcomes in most studies, but not all
- mainly US-based studies; most did not compare advantaged to disadvantaged group

COMPONENTS OF PROGRAMS



HOW CAN YOU IMPLEMENT IT WELL?

- Provide information in plain language & various formats
- Make programs easier to access with supports for program costs, transportation, and accessible locations
- Offer flexible, person-centered delivery options, including both digital and in-person formats
- Tailor services to meet the cultural needs of equity-relevant populations, including specific needs assessments, community support and involvement, training local lay leaders to deliver the program, translating and co-producing materials

KEY HIGHLIGHTS

- Self-management programs have small overall effects but few harms
- Make content easy to understand for people with low health literacy
- Improve access through reduced cost/transport barriers and flexible delivery
- Tailoring self-management programs helps improve equitable access and benefit

FUTURE RESEARCH

Investigate impact of structural disadvantages due to SES, cultural, educational barriers

Future trials should investigate programs with both exercise and psychological components

Investigate self-management models tailored to the individual