



Self-Management Programs

and Osteoarthritis (OA)

What the research shows – what it means for you

What are self-management programs?

Education programs that help patients manage their symptoms



Education

- Understanding OA
- Treatment options
- Constructive attitudes and approaches



Physical activity and movement

- Exercise guidance
- Maintaining mobility and function



Psychological and emotional support

- Coping strategies
- Stress management
- Building confidence
- Addressing anxiety or low mood



Social and peer support

- Group-based learning or support
- Sharing experiences with others
- Involving family or caregivers



Medication management

- Adherence strategies
- Understanding dosing and timing
- Managing side effects
- Communication with healthcare providers



Skills Training

- Joint protection techniques
- Energy conservation
- Problem-solving and decision-making skills
- Goal setting and action planning



Self-monitoring

- Tracking symptoms
- Recognizing patterns or triggers
- Knowing when to seek care



Behaviour change strategies

- Motivational techniques
- Habit formation
- Reinforcement and follow-up



IS IT EFFECTIVE?

May help improve function

Some people experienced improved physical function, self-efficacy, general health, and reduced disease activity



HOW CERTAIN IS THE EVIDENCE?

Limited, not very certain

The studies were small and there was a wide range of self-management interventions. Trials rarely report on effects on populations groups by income, race, rurality, etc.



CHARACTERISTICS OF STUDIES

- 24 randomized controlled trials (about 2276 patients)
- Conducted in multiple countries
- Interventions ranged from brief education to multiple components often in group and face-to-face formats



NOT A REPLACEMENT FOR MEDICATIONS

Self-management programs are provided in addition to regular care



KEY HIGHLIGHTS



Can improve function and confidence



Effects on pain and mood vary



Works best when tailored for your daily life



Use with your medication

What we don't know (future research)

Researchers are working to find out:

- Who benefits the most
- How effects differ based on patient income, race, gender, disability, or where they live
- Long-term effectiveness or sustainability
- How to combine self-management with structural supports



More studies will help create clearer guidance for patients.

Making self-management programs work for you

Everyone's situation is different. Here are some ways to make programs fit for your life.



COST & AFFORDABILITY

- Look for free or low-cost programs (e.g. community centers, arthritis organizations, online)
- Ask about covered services or referrals
- Try low cost options (e.g. home exercises)



ACCESS & AVAILABILITY

- Choose a format that works for you.
- Ask about programs closer to home or in your community
- Look for virtual or phone-based options



KNOWLEDGE & SUPPORT

- Ask for clear explanations
- Bring a family member or support
- Look for programs that offer follow-up or ongoing support



SOCIAL & EMOTIONAL FACTORS

- Join group programs or peer support if you can.
- Ask for help from family, friends, or community services



CULTURE & PREFERENCE

- Adapt the program for your daily life and traditions



PHYSICAL ABILITY

- Start at your own pace.
- Modify activities based on pain, fatigue, or flares



TIME, ENERGY & FATIGUE

- Break activities into short, manageable sessions
- Focus on what feels doable on low-energy days



HEALTH NEEDS & MEDICATIONS

- Talk to your healthcare provider before making big changes.



How can you implement it well?

Start Small. Build habits that work for you.



Start with one or two changes at a time



Set realistic goals based on your daily life



Adjust as needed. There's no right way.



Combine learning with practice (e.g. try exercises you learn)



Keep track of what helps (symptoms, energy)



Talk to your healthcare provider before making big changes