



ST VINCENT'S
HOSPITAL
SYDNEY



The St. Vincent's OACCP

Recovery Plan

care4today®

Goals

1. _____

2. _____

3. _____

I _____

understand this is my OACCP action plan.

This program has been explained to me and I agree to participate in the above action plan discussed with the clinicians. I understand engagement in this program is critical to help me to prevent surgery or to enable me to have better outcomes after surgery

Patient/carer signature: _____

Date: _____



Mission Statement

We want you to know what to expect when you're coming to St Vincent's Hospital. We have a specialised program to help you manage your symptoms, achieve your goals and enhance your quality of life.



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What is OACCP?

The Osteoarthritis Chronic Care Program (OACCP) at St Vincent's Hospital is for people with hip and knee pain. You will see a range of clinicians who will assess and treat you based on your specific needs using evidence based treatment options.

Self management

We'll help you to understand your symptoms better and how to manage your health and well-being on your own. We'll encourage you to be active in your medical and surgical decisions and refer you to a relevant community program when you finish our 12 month program.

Exercise

We'll help you to improve your function, reduce your pain and stiffness, and maintain your muscle strength. You will be given an exercise program that you'll be able to do at home in between appointments.

Healthy eating

We'll help you to lose weight if you are overweight, as we know that weight loss can improve pain and function in people with joint pain. We'll also help you understand healthy eating habits so that you can achieve long lasting behavior change.

Psychological management

We know that depression and anxiety are common in people with pain. The team will take any psychological distress into consideration and help you to get extra support if you need it.



My tasks



The clinicians will help you to set goals that are meaningful to you and assist you in achieving them.



We will ask you to complete some questionnaires to give us a better understanding of your quality of life and how your symptoms are affecting you. These will be repeated every three months to track your progress.

People who participate in this program have better outcomes following their surgery and some participants improve so much they can delay or no longer wish to have surgery. The program is also for people who are not appropriate for or do not wish to have surgery.

The OACCP is offered face to face or virtually.

We will use this booklet to help you track your progress using the interactive sections. Make sure you have it for each appointment so we can help you get the most out of this program!

Your Team

My Occupational Therapist is

Your Occupational Therapist will work with you to identify barriers in participating in your daily activities and to make plans to achieve your goals.

Prescription of adaptive aids to help place less stress on joints

Environmental modifications

Education in use of joint protection and task simplification strategies

Self-management in well-being through engaging in meaningful activities and maintaining independence.

Your Occupational Therapist may also discuss resources available in our local community and support you to participate in general exercises or daily routine. You can discuss this further with your therapist at your appointment.

The following information may also be helpful:

1. Assistive Technology Australia: <https://at-aust.org/>
2. A Guide for Young Adults with Arthritis: https://arthritisnsw.org.au/wp-content/uploads/2018/08/AGuideYoungAdults_Booklet_17.pdf
3. Musculoskeletal Australia: <https://www.msk.org.au/osteoarthritis/>
4. Active and Healthy: <https://www.activeandhealthy.nsw.gov.au>
5. Senior's Gym – Uniting Care: <https://www.uniting.org/services/retirement-and-independent-living/seniors-activities-and-gyms/seniors-gyms>
6. My Aged Care: <https://www.myagedcare.gov.au>



My Dietitian is *Please note, there is currently no Dietitian in the team

There is no special diet for osteoarthritis. The best diet is one that is healthy and balanced which can help you manage a healthy weight and reduce your risk of other diseases such as heart disease or diabetes. Your dietitian will work with you to assess your diet for nutritional adequacy and set nutrition and weight goals that are achievable and maintainable for you. If you are overweight, this may include weight loss, as extra body weight increases the stress on many joints (particularly the knees, hips and lower back) but all weight goals will be individually discussed.

If you are overweight, reducing your weight by 5-10% can reduce pain and increase mobility. 1kg of weight loss = 4kg pressure off your joint. All weight goals will be discussed and set individually.

To prepare for the first appointment, please:

complete the 3 day food diary
(you will be provided with this)

find out your accurate height, weight and waist
circumference.

Tracking my progress

Metric	Date	Date	Date	Date	Date	Date
	_____	_____	_____	_____	_____	_____
Height	_____ cm	_____ cm	_____ cm	_____ cm	_____ cm	_____ cm
Weight	_____ kg	_____ kg	_____ kg	_____ kg	_____ kg	_____ kg
Waist	_____ cm	_____ cm	_____ cm	_____ cm	_____ cm	_____ cm

The following information may be helpful:

1. Waist measurement: <https://www.heartfoundation.org.au/heart-health-education/healthy-body-weight>
2. Australian Guide to Healthy Eating: <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>
3. A guide to eating with Arthritis: <https://arthritisaustralia.com.au/managing-arthritis/living-with-arthritis/healthy-eating/>

My Physiotherapist is

Your physiotherapist will ask you about your symptoms and assess how you are moving to find exercises to improve your movement. When your movement improves so can your symptoms. Each time you see your physiotherapist they will check how you have been going with your exercises at home as this is important to help you move better and achieve your goals.



Tracking my progress

Metric	Date	Date	Date	Date	Date
	_____	_____	_____	_____	_____
30 Second Chair Stand	_____	_____	_____	_____	_____
Timed up and go (over 3 metres)	_____	_____	_____	_____	_____
40 meter walk test	_____	_____	_____	_____	_____

In addition to your targeted home exercises from your physiotherapist, general exercise like walking and swimming is good for your joints, heart, lungs, brain and mental health. You can discuss these activities further with your physiotherapist at your appointment.

The below resource may also be helpful.

1. Get Healthy NSW <https://www.getthehealthynsw.com.au/>

Tips for sleeping

Studies have shown that half of people suffering from pain have a hard time falling asleep. Quality of sleep has been found to impact pain as the more tired you are the more sensitive your nervous system is and therefore you can have higher levels of pain.

A routine bedtime plan can help: Bedtime should be the same each night. All electronics and screens should be turned off about 1 hour before. Minimal noise and light helps the brain turn-off. The use of ear plugs and eye shades can be used. Alcohol and caffeine interfere with sleep quality.

Your Occupational Therapist and Physiotherapist will discuss sleeping postures that may be more comfortable for you. Herbal teas may be relaxing and soothing and can also assist falling asleep.

The management of osteoarthritis is from top to bottom: exercise, diet, rest, and sleep. People with knee and hip pain benefit from managing their day to accommodate their symptoms, one step at a time, to find the perfect recipe that works for them.



Getting to your appointment

Face to face appointments

If your appointment is face to face please see the address and a little map on the opposite page.

Virtual appointments

The link for your appointment is:

<https://myvirtualcare.health.nsw.gov.au/public/#/svhnoa>.

You will be provided with access instructions before your appointment.

Location



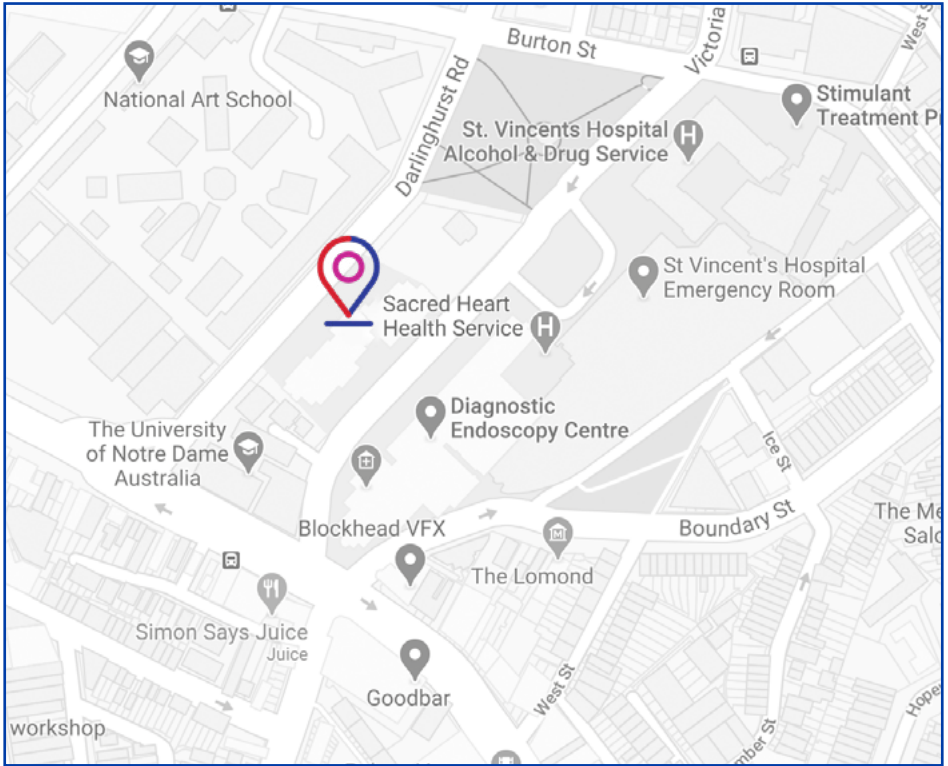
Current temporary location:

St Vincent's Hospital Sydney

390 Victoria St Darlinghurst

Level 4, follow signs to Occupational Therapy
& wait in the chairs outside the physio/
cardiac rehab gym





Understanding pain and what you can do

Having pain for many weeks can heighten emotional responses. Having emotional experiences can also increase pain levels. Being aware of these facts can help you and your symptoms.

Symptoms also interfere with sleep, activity levels, work, relationships, leisure and finances. Pain affecting these areas of your life can be stressful. Stress can increase your pain levels.

Making time for relaxation is important for people in pain. Relaxation calms the mind, soothes the nervous system and recharges the body.

Relaxation strategies include but are not limited to; meditation, deep diaphragmatic breathing, yoga, tai chi, walking in nature, massage, socialising with family and friends, and reading.

Deep Diaphragmatic Breathing: relax in a comfortable position either sitting or lying on your back with your knees bent. Breathe in slowly through your nose expanding your ribcage to the sides and back of your body. Breathe out slowly through your mouth to exhale all the air. Pause. Repeat for 5 breaths.

If you would like to discuss this further speak to your Physiotherapist or Occupational Therapist at your appointment.

Helpful links:

<https://www.smilingmind.com.au/smiling-mind-app>

<https://apps.apple.com/au/app/the-mindfulness-app/id417071430>

<http://www.headspace.com/>

<http://www.calm.com/>

Motion is lotion

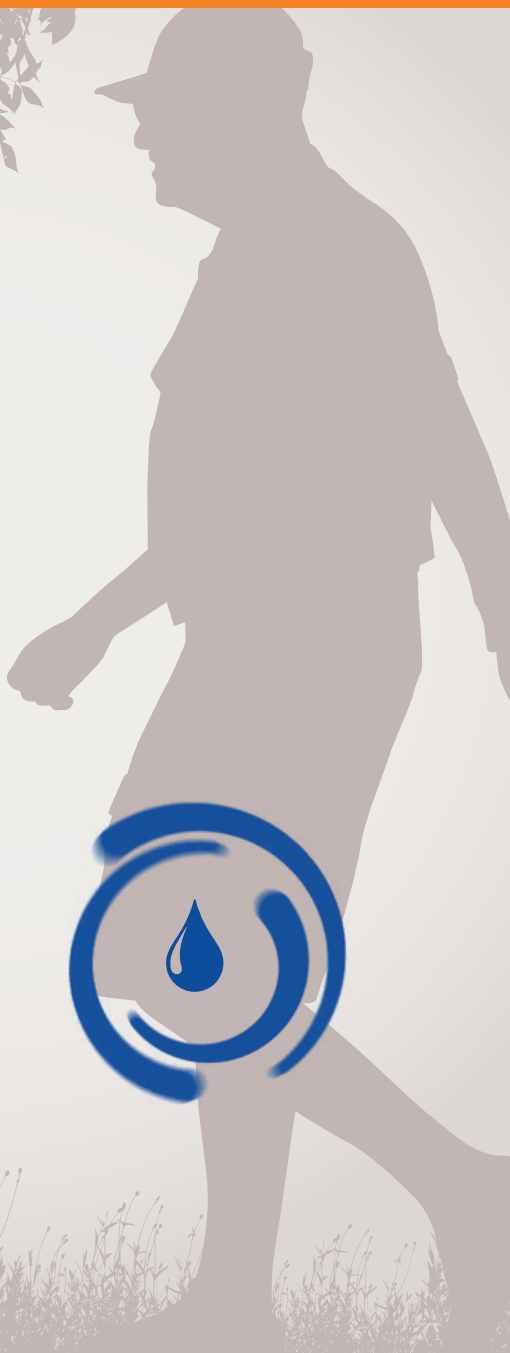
**Aim for a total
of 30 minutes
of activity a day.**

Move regularly.

Rest as needed.

**Your joints will
thank you for it.**

Institute of
**BONE &
JOINT**
Research



What is Care4Today?

St. Vincent's Hospital Sydney is implementing Care4Today, a programme which supports patients to take control of their own treatment and recovery. Care4Today has been developed by Johnson and Johnson Medical AU.

The content of this booklet has been developed by the St. Vincent's Hospital clinicians, and does not represent the opinion of Johnson and Johnson Medical PTY Limited.

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Clinical pathway approved by St. Vincent's Public Hospital, Sydney

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A list of sources is available on request