

## HIP AND KNEE REPLACEMENT

### CRITERIA BASED ACCESS

GPs should carry out an Oxford Hip and Knee questionnaire with the patient to confirm suspected OA. Patient should be sent for x-ray (knees: skyline and weight bearing; Hips: AP Pelvis) to confirm OA. On confirmation of moderate – severe OA conservative management should be attempted in Primary Care including:

- Smoking cessation referral
- Weight management Programme referral
- Topical/oral NSAIDs & Opioids
- Joint injections
- Advice on exercise, home adaptations, curtailment of inappropriate activities

If all conservative efforts have been tried and the patient is a candidate for surgery, refer to the 12 week Community Physiotherapy Hip and Knee Pathway via the Orthopaedic Interface Service (OIS). This service will:

- Educate about pain management
- Educate about Joint protection
- Discuss health improvement
- Advise on home exercise
- Advise what surgery entails

At completion of the pathway the treating physiotherapist will refer the patient back to OIS who will make a referral to the Referral Support Service for a choice discussion with the patient.