

## Orthopaedics

# Personalised Knee Improvement Programme (P-KIP)

An individually tailored programme for people with knee osteoarthritis



### What is knee osteoarthritis (OA)?

OA is a condition affecting the whole joint. It is the body's response to damage in the joint – the body is trying to repair itself. OA is an active process with periods of flare-ups, where the pain is worse and there is some damage to parts of the knee (e.g. the cartilage that covers the surface of joints) and periods of repair and remodelling, where the pain is typically less severe.

Most people with OA will find that the joint pain does not get progressively worse, although they may suffer from flare-ups. Some people live with OA for years or decades without their symptoms becoming worse.

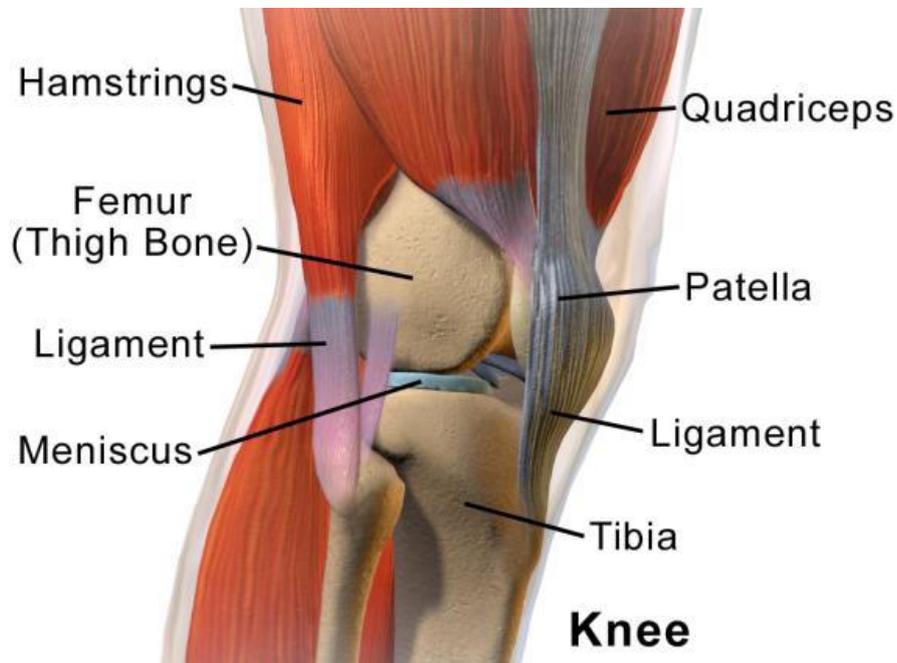
There is little relationship between the pain from OA and X-ray findings. This means that people could have severe pain with little changes on their X-ray, and vice versa.



## Patient Information

### What causes OA?

There is some evidence that OA is inherited; however, no specific genes associated with OA have been identified as yet. Another factor that increases the chance of developing OA is overloading the joint, or loading it in a way that it is not designed for. For example, certain types of job, previous injuries to the knee, or being overweight can make you more vulnerable to developing knee OA.



### Will using my knee with OA make it worse?

No. For a joint to remain healthy, and to help stop the progression of OA, **it needs to be moved**. However, over-use (ultra-marathons!) or overloading your knee with extra weight may make it worse.

### What treatments are available?

There are many treatments that are available for OA. You can carry out most treatments yourself. We will provide you with a booklet with all the treatments available for knee OA.

### What is P-KIP?

P-KIP is a programme of support tailored to your individual needs. We know that the support offered through P-KIP will improve symptoms and quality of life in the majority of people with knee OA.

# Patient Information

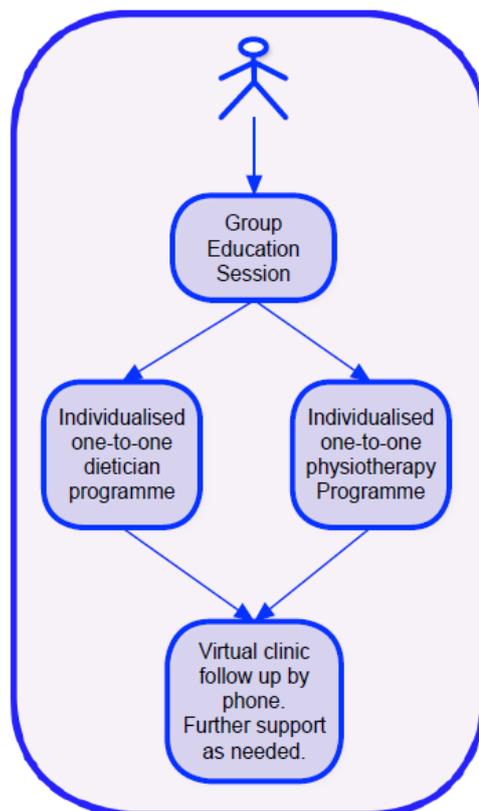
## What does P-KIP involve?

This is a programme of education and advice that will help you manage your own arthritis, along with support from one-to-one sessions with dietitians and physiotherapists. These sessions are designed to help you make changes in your life to improve the symptoms from your arthritis and help you live with it.

There are many changes that you can make to improve the symptoms of arthritis and your ability to live a full life with it. Each change may result in only a small improvement, but when these are combined they have the potential to significantly improve your knee.

## What is the P-KIP pathway?

The path you will follow is set out in the diagram below.



## Patient Information

### **What is required from me?**

We will provide you with training and support in the most beneficial treatments for your arthritis. These treatments will allow you to self manage your arthritis; however, to achieve positive results lifestyle changes are required on your part. The success or failure of the programme is dependent on the effort you put in.

### **Is it right for me?**

You have been referred to P-KIP by your orthopaedic surgeon. To gain access to this programme your surgeon has assessed you against strict criteria. Only a handful of patients currently have access to such an intensive programme. Your GP will be made aware you are taking part.

### **What do I do now?**

You will receive an invitation to attend an education class. If you cannot attend for any reason please contact us on 024 7696 6013. Please be aware that if you do not attend and we have not heard from you, you may be removed from the programme.

If you need any further information please ask at your first education session or contact the telephone number above.

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact us on 024 7696 6013 and we will do our best to meet your needs.

The Trust operates a smoke free policy

#### **Document History**

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