

Show Notes: Episode 2 In the clinic

Questions discussed in the podcast:

1) Association between OA knee pain & x-rays is general poor

a) **True**

b) False

A systematic review of 20 studies found the research is highly inconsistent in how pain is defined, x-ray managed and osteoarthritis grading.

Over different studies:

- 15%-76% of knee pain patients had OA on x-ray

- 15-81% of patients with knee OA on x-ray had knee pain

2) Check all questions that suggest inflammatory arthritis instead

a) **Increased pain with rest and immobility**

b) Knees, hips and distal aspects of fingers involved

c) **Joints frequently have warmth and/or erythema**

d) **Morning stiffness greater than 30 minutes**

Question derived from the Osteoarthritis Tool created by the CFPC, Centre for Effective Practice & the Arthritis Alliance.

3) Please select two options first line options for Oscar to consider,

a) Oral NSAIDs

b) **Activity (directed by physio)**

c) **Topical NSAIDs**

d) Duloxetine

e) Acetaminophen

Activity (directed by physio): largest potential benefit for OA with very few risks. The type of activity is likely less important.

Topical NSAIDs (no formulation clearly better) are likely next. ~51% of patients (~40% on placebo) feel at least moderately improved (pain reduced $\geq 30\%$) and withdrawal for adverse events (application site reaction) are 5% topical NSAIDs vs 4% placebo cream.

Video referenced in the podcast:



media1.MOV

Plan:

Oscar is willing to try physio for some exercises. You write him referral note on script pad, asking specifically for rehab & strengthening exercise training.

You take this opportunity to suggest weight loss may also help his knee pain.

You write him a script for Diclofenac 5% in PLO gel, apply up to 4 times a day for 150gms. He can stop this later if his knee is better, and restart if worsens.

You ask him to follow-up if the pain is not improving in a month or two (or is worse than now).

References & Links:

1. Knee Osteoarthritis: BMC Musculoskelet Disord. 2008 Sep 2;9:116. Osteoarthritis Tool. Centre for Effective Practice 2017.
https://portal.cfpc.ca/ResourcesDocs/UploadedFiles/CPD/OATOOL_FINAL_Sept14_ENG.pdf (accessed March 4, 2021); Can Fam Physician 2020; 66(3):e89-e98.; Can Fam Physician 2020; 66(3):191-193; comparing treatment options in pain. PEER 2020. <https://pain-calculator.com/> (accessed March 4, 2021). [weather: BMC Musculoskelet Disord. 2014 Mar 5;15:66; Osteoarthritis Cartilage. 2016 Dec;24(12):2042-2047; J Rheumatol. 2015 Oct;42(10):1885-92.]
2. <https://pain-calculator.com/>
3. <https://www.cfp.ca/content/cfp/66/3/191.full.pdf>

