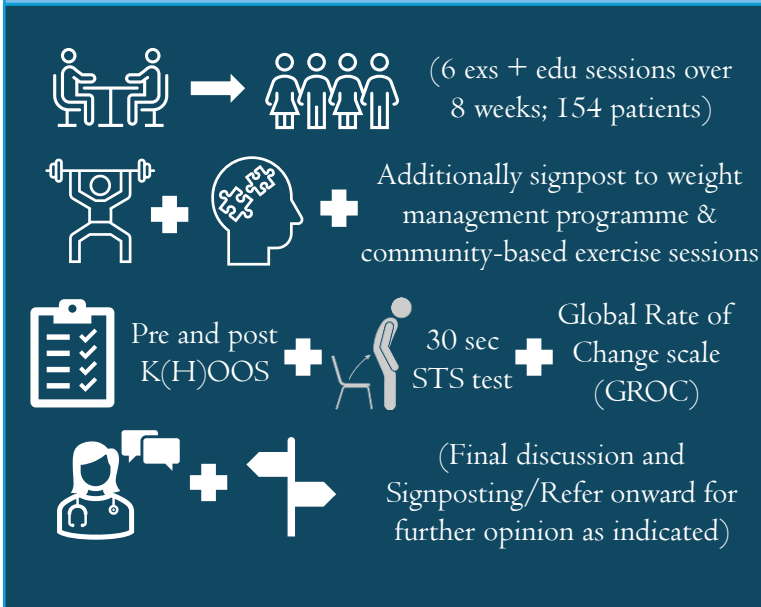


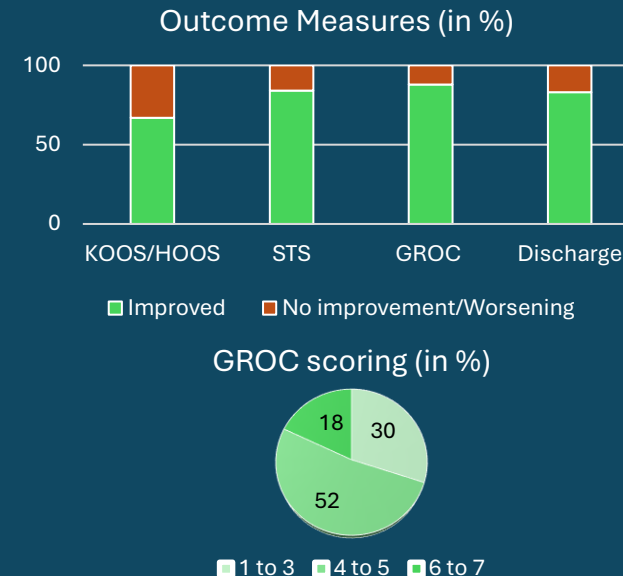
INTRODUCTION

- An estimated 8.6 million people living in the UK are affected by knee (5.4mn) and hip OA (3.2mn)
- OA significantly affects patients' quality of life and increases the risk of significant co-morbidities
- Increased incidence rates and years lived with disability burdens healthcare systems and economies all over the world
- TOAST was started in 2021 to provide hip/knee OA patients with an 8-week exercise and education programme
- TOAST continues to evolve using data from clinical audit and patient feedback to meet the needs of the people of Medway
- Data were analysed data from 154 patients who completed the TOAST programme

PROCEDURE



RESULTS



DISCUSSION AND CLINICAL IMPLICATIONS

- TOAST addresses modifiable risk factors, such as high BMI, physical activity levels, non-relation between pain and structural degeneration in most cases and promotes an environment for shared decision making.
- 84% patients had an objective improvement in their 30 sec sit to stand scores possibly through the 8 weeks of strength training.
- 88% of patients reported an improvement on GROC scale following completion of TOAST. 70% of these patients reported a score between 4 and 7. Consistent patient feedback is received with similar themes, "The educational content reassured me that I will not damage my hip/knee by moving or exercising"
- 83% of patients were confident to be discharged and self-manage following completion of the 8-week programme.
- A long-term follow-up for participants could provide further insights into long term efficacy of the programme and indicate health and cost-based efficiency.
- In conclusion, TOAST programme is effective in managing a large volume of patients, in a challenging demographic, with lower limb OA in a community MSK setting.



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