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| **Table 1: Available resources to address domains of OA candidacy and change the OA narrative.** | | |
| **OA Candidacy Domain and Action(s) needed** | **Examples of free resources to help change OA narrative** | **Language or Cultural Adaptation** |
| **Identification**  How people recognise their OA symptoms as needing medical attention, intervention or supported self-management  Challenge misconceptions about OA and options for care (public, people with OA and their carers, health care professionals, policy makers). Develop public health messages | **Resources for public and people with OA** |  |
| - Keele University animation and leaflet “Osteoarthritis and you, there are things we can do” <http://www.keele.ac.uk/oa/video> | English |
| * Health information which can be used by the public and healthcare professionals <https://www.keele.health/> | English |
| * Hand OA exercises <https://youtu.be/MKqbN_pnz8c?si=u8n73Vwu-7wSWpBA> | English |
| * Flippin arthritis: <https://www.flippinpain.co.uk> | English |
| * General OA information <https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis> | English, Welsh |
| * Exercise and OA <https://www.youtube.com/watch?v=WFJAjiPP1B0&t=923s> | English |
| * Managing joint pain: https://escape-pain.org, <https://join2move-com.translate.goog/?_x_tr_sl=nl&_x_tr_tl=en&_x_tr_hl=en&_x_tr_pto=sc> | Dutch, English |
| * Triggers for flares in knee osteoarthritis <https://www.youtube.com/watch?v=xvLIe5ICzZs> | English |
| * Aotearoa OA guidebook <https://www.flipsnack.com/FBBB95FF8D6/aotearoa-oa-guidebook-ebook-aug-2022.html> | English and Te Reo Maroi |
| * Knee pain information video from University of Melbourne <https://www.youtube.com/watch?v=o8ZJN56aSic> | English |
| * OA information <https://www.keele.health/osteoarthritis-resources/#osteoguide> | English and translated and culturally adapted in the Netherlands, Denmark, Portugal, New Zealand, Africa, Scotland, Norway |
| * OA information <https://artrosegezond.nl/wp-content/uploads/2020/04/Handboek-Artrose.pdf> | Dutch |
| * Short OA educational videos from OA researchers and consumers from University of Melbourne <https://healthsciences.unimelb.edu.au/departments/physiotherapy/chesm/video-library/education/osteoarthritis-educational-videos> | English |
| * Consumer OA e-learning course developed by Uni of Melbourne, hosted on FutureLearn:\*   <https://www.futurelearn.com/courses/taking-control-hip-and-knee-osteoarthritis>  <https://www.futurelearn.com/courses/taking-control-hip-and-knee-osteoarthritis-chinese> | English and Chinese |
|  | * Consumer osteoarthritis information booklet from University of Melbourne <https://healthsciences.unimelb.edu.au/departments/physiotherapy/chesm/clinician-resources/peak-translated-resources> | English, Spanish, Portuguese, Chinese, Hungarian |
| **OA Candidacy Domain and Action(s) needed** | **Examples of free resources to help change OA narrative** | **Language or Cultural Adaptation** |
|  | * Information for people with knee arthritis <https://www.freefromkneepain.org/home/introduction> | English |
|  | * Find Your Path Through Joint Pain - Infographic <https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_11_Pain-mgt-at-work_home-INFOGRAPHIC_d05.pdf> | English |
|  | - Getting Started with Physical Activity for Arthritis – one-pager (front and back) with education plus goal-setting worksheet: <https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_13_Phys-Activity-Worksheet_d05.pdf> | English |
|  | * <https://oaaction.unc.edu/wp-content/uploads/sites/623/2022/01/OAAA_05_Resources-for-individuals-with-OA_d04.pdf> | English |
|  | * Walking with arthritis <http://walkwitharthritis.org/> | English, Spanish |
|  | * <https://oaaction.unc.edu/individuals/> | English, Spanish |
|  | - Start walking <https://startwalkwithease.org/Welcome/oaaa> | English |
|  | * OA care tools <https://oaaction.unc.edu/oacaretools/patients-and-employees-2/> | English and Spanish |
|  | * OA information <https://artrosegezond.nl/> | Dutch |
|  | * Joint action podcast <https://www.jointaction.info/podcast> | English |
|  | **Public Health Campaigns and Myth Busting** |  |
|  | - Myth busting campaigns [Busting five common myths about exercising with arthritis (versusarthritis.org)](https://www.versusarthritis.org/news/2023/february/busting-five-common-myths-about-exercising-with-arthritis/) | English |
|  | * National public health approach https://oaaction.unc.edu/policy/oa-agenda-2020-update/ | English |
|  | * Exercise and osteoarthritis: <https://www.youtube.com/watch?v=WFJAjiPP1B0&t=923s> | English |
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| **Navigation: Awareness of OA services and practical resources** | **Online self-management programs**   * Online education for self-management from Arthritis Australia <https://www.myjointpain.org.au/> | English |
| Raise awareness of services and effective treatments for OA (across settings). Reduce the need for practical resources that could impact on ability to seek and uptake care (e.g., transport). Consider social determinants work, finances) when developing and recommending OA care | * Self-directed online exercise programs from University of Melbourne   <https://mykneeexercise.org.au/>  <https://myjointyoga.com.au/> | English |
| * Self-directed pain coping skills training program from University of Melbourne [www.paintrainer.org](http://www.paintrainer.org) | English (Australian adaptation, USA adaptation) |
| * Self-management resources <https://www.versusarthritis.org/get-help> | English |
| * Exercise videos from University of Melbourne   <https://healthsciences.unimelb.edu.au/departments/physiotherapy/chesm/video-library> | English, Spanish, Portuguese |
| * Exercise resources/booklets from University of Melbourne   <https://healthsciences.unimelb.edu.au/departments/physiotherapy/chesm/clinician-resources/peak-translated-resources> | English, Spanish, Portuguese, Chinese, Greek |
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| **OA Candidacy Domain and Action(s) needed** | **Examples of free resources to help change OA narrative** | **Language or Cultural Adaptation** |
| **Permeability: Ease with which people can use OA services or be supported with self-management**    Remove structural barriers to access (e.g., maintaining long waiting lists and referrals, without people first receiving core treatments). Focus on health literacy across all aspects of OA care | **Strategies to take health literacy into account and to further strengthen health literacy** |  |
| * Ask Me Three, Teachback techniques, Chunk and Check <https://www.ihi.org/resources/Pages/Tools/Ask-Me-3-Good-Questions-for-Your-Good-Health.aspx> | English, French, Spanish, Portuguese |
| * Use of plain English and readability software (e.g., MS Word Flesch Reading Ease) | All languages |
| * The Health Literacy Place – Helping people in understanding modern healthcare. <https://www.healthliteracyplace.org.uk/> | English |
| * Patient / consumer involvement in production of written / digital material | All languages |
| **Appearance at services: Asserting a claim of medical attention or intervention for OA, formulating issues, and presenting credibly**  Aid people with OA to describe symptoms and impacts of OA to justify its appropriateness to health professionals  Take account of cultural expectations about health and heath care when developing care pathways  Overcome imbalances in power between HCPs and people with OA through shared decision making | **Strategies to empower people to communicate the impact that symptoms of OA are having on their life, as part of person-centred approaches** |  |
| * Ask three questions <https://aqua.nhs.uk/resources/shared-decision-making-ask-3-questions/> | English |
| * Decision making * <https://www.england.nhs.uk/publication/decision-support-tool-making-a-decision-about-knee-osteoarthritis/> * <https://www.england.nhs.uk/publication/decision-support-tool-making-a-decision-about-hip-osteoarthritis/> | English |
| Education for health professionals on acknowledging psychosocial impacts of OA and delivery of person-centred care <https://www.personalisedcareinstitute.org.uk/> | English |
| * Māori (Indigenous) partners were involved in developing an OA guidebook (<https://www.flipsnack.com/FBBB95FF8D6/aotearoa-oa-guidebook-ebook-aug-2022.html> | English, Maori (headings and image labels only) |
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| **OA Candidacy Domain and Action(s) needed** | **Examples of free resources to help change OA narrative** | **Language or Cultural Adaptation** |
| **Adjudications: Judgement and decisions made by professionals about OA care**  Challenge misconceptions held by health care professionals about OA as a condition and promote evidence-based OA self-management. Promote the relevance of supported self-management for all patients regardless of socio-economic position | **Upskilling health care professionals** |  |
| * ATLAS on-line e-learning for healthcare professionals (launch 2024) |  |
| * Communication skills <https://kneepaincommunication.com/> | English |
| * Training clinicians in culturally safe care delivery | Any language |
| * Training in use of shared decision making tools and techniques * [Your learning options (personalisedcareinstitute.org.uk)](https://www.personalisedcareinstitute.org.uk/your-learning-options/) | English |
| * PEAK e-learning for physiotherapist-delivered exercise, physical activity & education\* * <https://www.futurelearn.com/courses/peak> | English, Spanish, Portuguese, Chinese |
| * Edu-weight e-learning on weight management for chronic diseases\*   <https://www.futurelearn.com/courses/eduweight> | English |
| Learning modules - <https://oaaction.unc.edu/resource-library/modules/> | English |
| * Healthcare professionals resource pages <https://oaaction.unc.edu/oacaretools/oacaretools-healthcare-providers/> | English |
| * General OA topics <https://www.jointaction.info/podcast> | English |
| **Offers and resistance:**  Offer of and uptake of core treatments (exercise and weight loss), prescriptions, referrals, surgery  Provide supported effective self-management within a person-centred approach. Recognise resistance as some people are still likely to believe that surgery is the only thing that can be done for their OA aside from stronger pain killers. Use shared decision-making tools | **Implementation effective OA care programs** |  |
| * Offering existing resources e.g. <https://www.keele.health/osteoarthritis-resources/#osteoguide> | English |
| * Work to address expectations for care, acceptability of lifestyle behaviour change interventions, beliefs about physical activity (see provision of resources above) |  |
| * Shared decision-making tools |  |
| [NHS England » Decision support tools: making a decision about a health condition](https://www.england.nhs.uk/publication/decision-support-tools-making-a-decision-about-a-health-condition/) | English |
| [A to Z Inventory -Patient Decision Aids - Ottawa Hospital Research Institute (ohri.ca)](https://decisionaid.ohri.ca/AZlist.html) | English |
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| **OA Candidacy Domain and Action(s) needed** | **Examples of free resources to help change OA narrative** | Language or Cultural Adaptation |
| **Operating conditions: Local or context-specific influences on interactions between patients and practitioners about OA, availability of resources to address candidacy**  Assess local pressures in health systems that may influence OA candidacy in populations. Identify perceived and actual resources to address candidacy and suitability of resources (e.g., availability of economic resources, workforce, and time). Embed OA care in policy and collaborative priorities for developing value-based care in integrated care systems.  Engage Indigenous perspectives and building capacity in Indigenous workforce.  Embed principles of cultural safety into structures and policies. | **National Policy / Agenda** |  |
| Change in national health policy   * <https://www.gov.uk/government/publications/major-conditions-strategy-case-for-change-and-our-strategic-framework/major-conditions-strategy-case-for-change-and-our-strategic-framework--2> * A National Public Health Agenda for Osteoarthritis (US) <https://oaaction.unc.edu/policy/oa-agenda-2020-update/>   Cultural Safety   * Staying Moving Staying Strong <https://arthritisaustralia.com.au/managing-arthritis/staying-moving-staying-strong/> * Cultural safety in health care for Indigenous Australians: monitoring framework <https://www.aihw.gov.au/reports/indigenous-australians/cultural-safety-health-care-framework/contents/background-material> * First Nations Health Authority <https://www.fnha.ca/what-we-do/cultural-safety-and-humility> * Cultural Competence Standard Physiotherapy Board of New Zealand <https://www.physioboard.org.nz/standards/physiotherapy-standards/cultural-competence-standard> * Race Equality Framework. Self-assessment tool designed to help organisations improve racial equity in health and care research. <https://www.nihr.ac.uk/documents/nihr-race-equality-framework/30388> | English  English  English  English  English  English  English |
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\*Limited time access is free