



### **GLA:D (Good Life with osteoArthritis: Denmark)**

The BJH SCN has been instrumental in leading the implementation and evaluation in Alberta for this exercise-based program to help people who have osteoarthritis in the knees and/or hips. Research from GLA:D® in Denmark, where the program originated, shows that participants report less pain, reduced use of painkillers and more physical activity. Other partners in the GLA:D program include Bone and Joint Canada, the Canadian Orthopaedic Foundation, the Alberta Bone and Joint Health Institute and The Arthritis Society.

### **Hip & Knee Program (Joint Health)**

First established in 2004, the **Surgical Quality Program** has a history of bringing together arthroplasty teams from across the province to improve care for hip and knee replacement patients. Working with AHS Zones, they have created scorecards that measure the quality of care being provided and give feedback to health care providers. This program has helped find new ways to be efficient and provide better care to patients.

This provincial program aims to standardize, implement, and improve evidence-based clinical practices to deliver the best possible quality care for hip and knee arthroplasty patients in Alberta. Through extensive stakeholder collaboration and process integration, continuous quality improvement is an integral part of hip and knee replacement practice in Alberta, generating some of the richest data on quality available in the country.

An **Osteoarthritis Management & Community-Based Model of Care** was developed to improve care for Albertans with osteoarthritis (OA) ensuring support and evidence-based patient-centred care and best practices. The work spans the continuum of care from prevention and screening to self-management, community-based care and education, system supports and enhanced, multidisciplinary assessment and care, including surgical treatment.

### **Musculoskeletal (MSK) Transformation**

MSK care refers to any health care related to muscles and bones. Our teams are comprised of various health care providers (including specialists and researchers) and patients as they look for ways to improve the entire system. Our current focus is on three specific areas: shoulder, soft tissue knee, and spine. Working closely with primary care and other providers, the BJH SCN teams will streamline access for MSK assessment and treatment.

## **How to get involved**

We would love to have you join our network! If you are interested in becoming a part of the Bone & Joint Health SCN, contact us at: [bonejoint.scn@ahs.ca](mailto:bonejoint.scn@ahs.ca).