Osteoarthritis Treatment Guidelines

This template is designed to guide healthcare providers through the comprehensive management of osteoarthritis (OA), incorporating evidence-based strategies for diagnosis, treatment, and patient education.

Patient Information

Name:

Date of Birth:

Diagnosis Date:

Affected Joints:

Diagnostic Criteria

Patient History:

Include symptoms, duration, and impact on quality of life.

Physical Examination:

Note joint tenderness, swelling, and range of motion.

Imaging Tests:

Detail findings from X-rays or MRIs, if applicable.

Treatment Plan

Pharmacological Therapies

Oral NSAIDs:

Specify type, dosage, and frequency.

Topical NSAIDs:

Indicate specific products and application instructions.

Intra-Articular Corticosteroid Injections:

Schedule and dosage.

Non-Pharmacologic Therapies

Physical Therapy:

Outline goals, frequency, and specific exercises.

Weight Management:

Provide target weight, dietary recommendations, and follow-up schedule.

Self-Management Programs:

List available resources and enrollment information.

Supportive Therapies

Assistive Devices:

Recommend specific devices (e.g., knee braces) and usage instructions.

Topical Capsaicin:

Application guidelines and frequency.

Monitoring and Follow-Up

Follow-Up Visits:

Schedule and objectives for ongoing assessment.

Symptom Tracking:

Recommend tools or methods for patients to monitor symptoms.

Adjustments to Treatment Plan:

Criteria for modifying treatment based on patient response.

Patient Education

Understanding OA:

Provide materials on the nature of OA, its progression, and impact.

Managing Symptoms:
Tips and strategies for managing pain and stiffness at home.

Activity Modification:
Guidance on modifying activities to reduce joint stress.

Additional Comments

Notes:
Space for provider's observations, patient's concerns, or specific instructions.

ICD and CPT Codes:
For documentation and billing purposes.

Approval

Provider's Name:
Signature:
Date: