



west midlands  
ACADEMIC HEALTH SCIENCE NETWORK

# Person-centred care workshop

*in association with*

Arthritis  
Research UK

primary  
care  
centre



Keele  
University

## Implementing the best evidence for managing osteoarthritis in the primary care setting

This workshop aims to increase understanding of osteoarthritis (OA) as a disease and as a chronic pain syndrome. The workshop will focus on supporting self management for patients and implementing NICE guidelines on core treatments for osteoarthritis.

The workshop will include:

- Making a clinical diagnosis of OA including the elements of assessment such as impact, health beliefs, concerns and expectations
- Core treatment recommendations in the NICE guidelines for OA
- A focus on activity and exercise, ways to support patients to become more active, harnessing patients' own motivation
- Developing a plan for a model health professional consultation for patients with OA
- High quality information and resources for patients, educational opportunities for professionals.

Facilitators:

- Dr Mark Porcheret, Senior Lecturer in General Practice and Primary Care Clinical Research Lead and Specialty Co-Lead
- Dr Vince Cooper, Senior Lecturer in General Practice
- Dr Andrew Finney, Nurse Academic.

Date: 3 March 2016

Time: 9.30am—4.30pm, including lunch

Venue: thestudio, 7 Cannon Street,  
Birmingham B2 5EP

This workshop is free to attend. Places are limited so secure your place quickly by contacting Emily Brayford on [e.c.brayford@keele.ac.uk](mailto:e.c.brayford@keele.ac.uk) or 01782 733905

To contact us and find out more:

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