



# ANNUAL REPORT

2018



**GLA:D**<sup>TM</sup>  
AUSTRALIA



**LA TROBE**  
UNIVERSITY

**WEBSITE** <https://gladaustralia.com.au>

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# Project Lead's Report

During its inaugural year (2017), the GLA:D™ Australia team has established the foundations to implement effective exercise and education programs for people with hip and knee osteoarthritis in all states of Australia.

An initial 'train the trainer' workshop with ten La Trobe University staff and affiliates facilitated by Professor Ewa Roos and Associate Professor Soren Skou (GLAD® program founders) was held at La Trobe University in December 2016. With the assistance of Dr Joanne Kemp, Jason Wallis (specialist osteoarthritis physiotherapist) and Jane Rooney (titled physiotherapist), the GLA:D™ Australia team adapted and created workshop content to be delivered to Australian physiotherapists as part of our implementation process.



**Dr Christian Barton. La Trobe Sport and Exercise Medicine Research Centre.**



**Dr Joanne Kemp. La Trobe Sport and Exercise Medicine Research Centre.**



# Our Vision

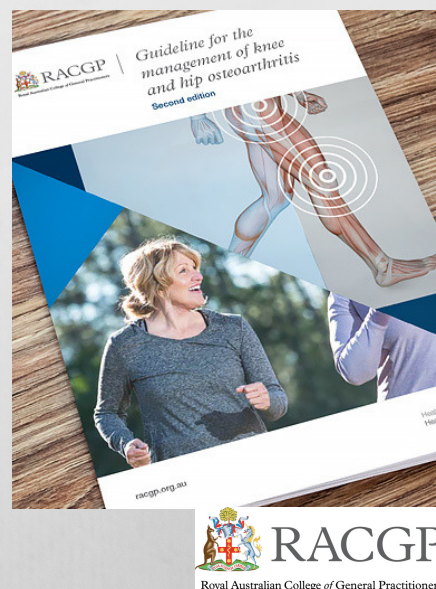
Provide effective education and exercise for all Australians with osteoarthritis

# Our Objectives

1. Implement an exercise and education program which is acceptable to patients, physiotherapists and referrers in Australia
2. Provide equal access to evidence-based treatment regardless of geographic region
3. Increased quality of life and physical activity levels in people with osteoarthritis
4. Facilitate fewer patient visits to the health care sector and lower costs for the individual and the public

# RACGP Guidelines

GLA:D® follows the Guidelines for the management of knee and hip osteoarthritis, developed by The Royal Australian College of General Practitioners (RACGP).





# What is GLA:D®?

GLA:D® is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.

Research from the GLA:D® program in Denmark shows symptom progression reduces by 32%. Other outcomes include a less pain, reduced use of joint related pain killers, and less people on sick leave.

GLA:D® participants also reported high levels of satisfaction with the program and increased levels of physical activity 12 months after starting the program.

This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants will train their bodies to move properly, prevent symptom progression and reduce pain.





# History of GLA:D<sup>®</sup> in Australia

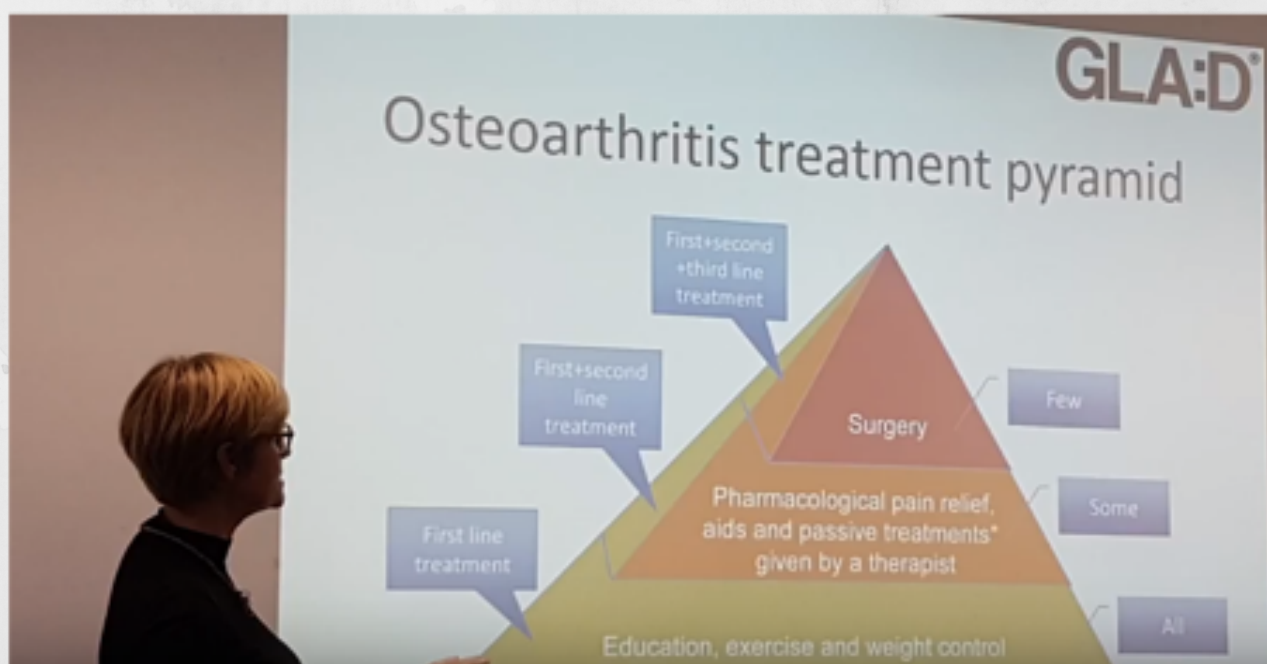
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The first GLA:D™ Australia workshop to credential Australian physiotherapists was delivered in March 2017 to 40 Melbourne based clinicians. An additional two courses including 75 more physiotherapists were held at La Trobe University (July) and Eltham Physiotherapy Centre (November) in 2017, leading to a total 115 physiotherapists being accredited in 2017.

Workshops have improved the number of physiotherapists with adequate confidence to prescribe core components of the exercise program, including strength (80 to 100%) and functional (44 to 100%) exercise; as well as provide tailored education on self-management (84 to 100%) and physical activity participation (61 to 100%) people with osteoarthritis. Highlighting workshop success, feedback indicated more than 90% of attendees aimed to implement GLA:D™ Australia within 6 months of being accredited. Common suggestions for improvements included adding greater lecture content about the development and causes of osteoarthritis, and practical time for educational role play and teaching the exercise program. We have incorporated changes to address these suggestions, and look forward to ongoing feedback from participating physiotherapists in 2019 and beyond.



In December 2017, Professor Ewa Roos made a second trip from Denmark to facilitate a larger 'train the trainer event', with researchers and experienced physiotherapists from all 7 states and the Northern Territory invited. This event led to another 22 trainers now able to help the GLA:D™ Australia team train and accredit physiotherapists. As a result, workshops are confirmed, and will be held in Sydney, Brisbane, Adelaide and Perth in 2018 and 2019. Additional workshops are planned for Darwin in 2019.



# Our Participants

## Who can participate?

GLA:D is designed for people who have joint problems from the hip and/or knee that have resulted in them being diagnosed with hip or knee OA.

A GLA:D-based program can also be helpful for people with a range of conditions, such as people who have had joint problems due to other reasons or people whose other symptoms are more pronounced than the osteoarthritis problems. These people are just not included in data collection.

At the moment, the GLA:D™ Australia program is only provided in English.



# Participating in GLA:D®

## What is GLA:D?

GLA:D is a program of exercise and education designed to help reduce the symptoms of hip and/or knee osteoarthritis. There are 12 supervised exercise sessions over 6 weeks, and 2 education sessions.

## Who does it help?

GLA:D has been shown to help people with mild, moderate and severe osteoarthritis, and people over the age of 40 who have symptoms of osteoarthritis. The factors that improve include pain, mobility and quality of life.

## What happens in a session?

There are sets of exercises done by each person; everyone does the same exercises but in different ways. The physiotherapists who run GLA:D programs have been trained to customise the program to suit the individual.



## How can I get to do GLA:D?

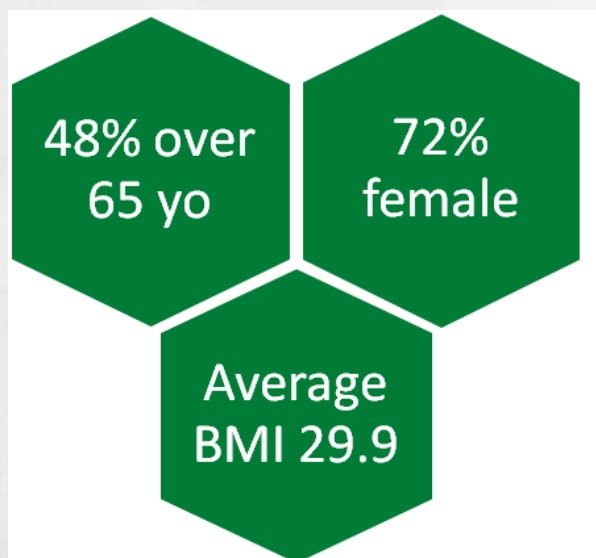
The team at GLA:D™ Australia provide training to physiotherapists across Australia who choose to be trained. You will have an assessment with your physiotherapist and make a plan about how to get the most appropriate treatment. If that plan includes GLA:D®, your physiotherapist will be able to register you to do the program, and will provide the program to you. Our Locations page shows you the physiotherapists who have completed the training.

## How much does it cost?

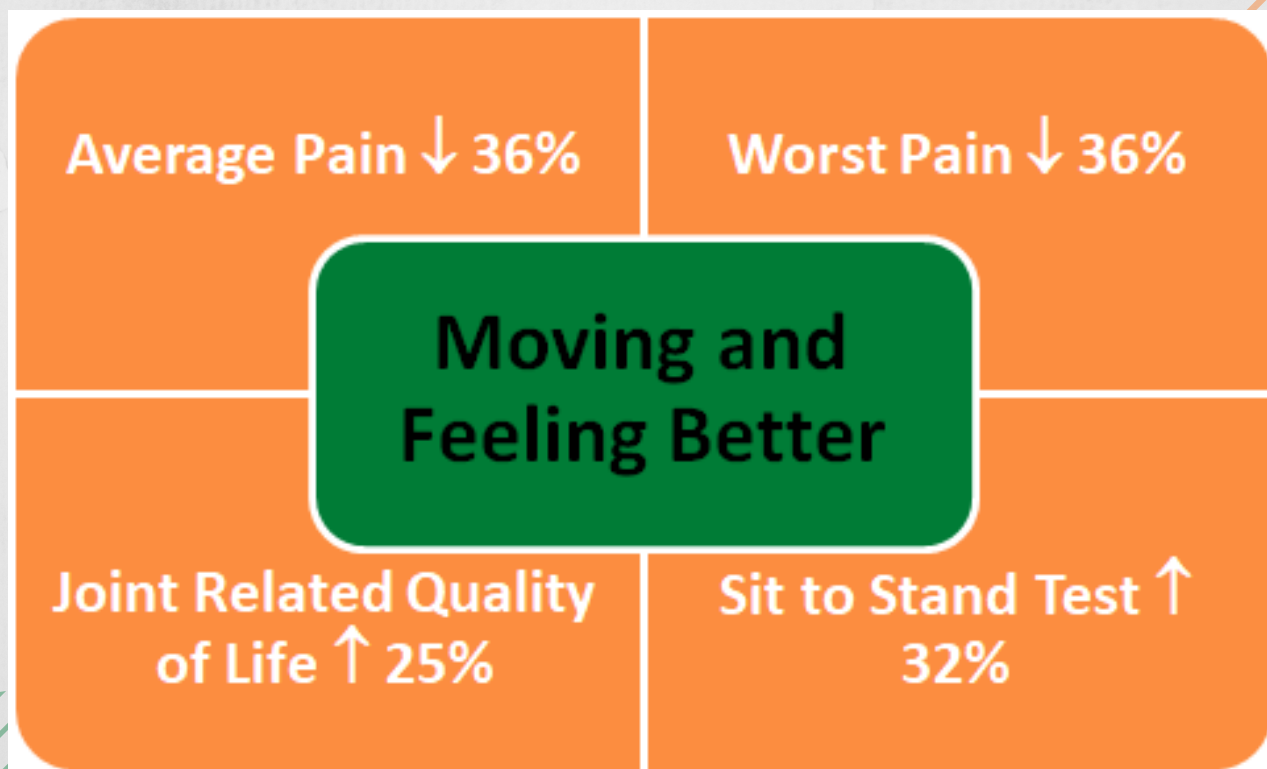
Doing GLA:D® is just like doing any other physiotherapy treatment, and the cost depends on your individual circumstances and the clinic you attend. You may be able to use private insurance; some eligible people may be able to use Medicare funding to cover costs of assessments; and some people may be eligible to access publicly-funded services (in Victoria, this is through Community Health Services).



# Our Outcomes



## After doing GLA:D...



# Training in 2018

449

PHYSIOTHERAPISTS TRAINED

92

CLINICS REGISTERED

1700

PARTICIPANTS REGISTERED

TRAINING  
COURSES RUN  
ACROSS  
AUSTRALIA  
DURING 2018

