

# CHRONIC CARE AUSTRALIA OSTEOARTHRITIS & TYPE 2 DIABETES PILOT PROGRAM

**ACHIEVING REMISSION IN CLIENTS WITH TYPE 2 DIABETES DURING PERIOPERATIVE CARE FOR SEVERE HIP AND KNEE OSTEOARTHRITIS.**

## Real World Observational Pilot Program.

47% of Australians are living with one chronic disease and 20% have two or more chronic health conditions, which are defined as multi-morbidities. Early intervention and prevention strategies are paramount in not only improving health outcomes but also preventing secondary and tertiary disease progression. This in turn reduces hospital and medical presentations, resulting in significantly less ongoing healthcare costs.

More than 10% of Australians aged 65+ have been diagnosed with Type 2 Diabetes. **2 million more Australians are pre diabetic.** Furthermore, 43.7% of this patient group has some form of osteoarthritis.

Chronic Care Australia (CCA) seeks to determine if our 24-week exercise medicine program can achieve remission in people with Type 2 Diabetes and/or reduce the blood sugar level (BSL) profile in people who are pre-diabetic and scheduled to undergo surgical procedures.

The presence of diabetes negatively impacts joint surgery outcomes by decreasing functional responses, increasing infection rates and increasing revision surgeries.

## This real world observational pilot program aims to:

- Reduce medical risks prior to and during surgery.
- Increase mental and physical health outcomes following surgery.
- Reduce post-operative recovery time.
- Achieve remission in participants who are pre-diabetic or have Type 2 Diabetes.

CCA wants to generate and share evidence-based, real world information that improves the quality of life of Australians who are awaiting total hip and total knee replacement surgery. We want all Australians to be accurately informed on best practice management and ensure people have the information they need to optimise their quality of life through successful perioperative and post-operative care.



## Do you have Type 2 Diabetes or are you pre-diabetic? Are you preparing for hip or knee joint replacement surgery?

If so, we invite you to engage in our Real World Pilot Program.

### Have you:

- Been diagnosed with Hip or Knee Osteoarthritis?
- Has your doctor told you that you are at risk of diabetes or are pre-diabetic?
- Been told you are a candidate for joint replacement surgery?
- Got access to Wi-Fi and a laptop computer or smart phone for virtual appointments (interstate and rural clients)?

CCA believes we can reduce the burden of chronic conditions by ensuring effective healthcare is accessible to all Australians. Be part of our growing community and help improve the future of your health and the health of Australians at large.

Collecting real world outcomes that help improve healthcare delivery, education and access is part of this vision.

We want all Australians to create a healthcare system where consumers, medical professionals and service providers work together to build a better, healthier future.



Reducing the burden of chronic conditions so all Australians can live well for longer.

New Purpose-Built Facilities — Cottesloe Medical Centre, 525 Stirling Hwy Cottesloe WA 6011

➤ (08) 9385 1430 ➤ [chroniccare.com.au](http://chroniccare.com.au) ➤ Virtual Clinic access available worldwide

# WHAT'S INVOLVED?

ACHIEVING REMISSION IN PRE-DIABETIC AND DIAGNOSED DIABETIC CLIENTS AS PART OF PERIOPERATIVE CARE FOR SEVERE HIP AND KNEE OSTEOARTHRITIS.

## PATIENT PATHWAY — ORTHOPAEDIC & TYPE 2 DIABETES PILOT PROGRAM

### 1. REFERRAL.

You can be referred to the program by your GP, specialist or self-refer by contacting Chronic Care Australia on tel: (08) 9385 1430.

### 2. INITIAL ASSESSMENT WITH CLINICAL SPECIALIST.

Cost: \$150-\$180\*

This one-on-one consultation with a qualified allied health specialist includes a complete review of your whole health needs, medical history and any injury or secondary condition history, musculoskeletal and respiratory screening.

### 3. PROGRAM FAMILIARISATION.

This one-on-one session guides you through each step of your personalised exercise medicine program.

### 4. COMMENCE YOUR 12-WEEK PROGRAM.

Attend 1, 2 or 3 times per week (depending on your clinical needs). Virtual and in-clinic pricing options are available. Sessions are run in small groups (*maximum 6*).

### 5. REVIEW YOUR PROGRAM.

Reviews are conducted at 4, 8 and 12 weeks. These one-on-one sessions with your care coordinator give you an insight into your progress and allow for program optimisation.

12-week program prices vary depending on frequency. Costs start at \$75 per week. \*Private Health & Medicare Rebates apply.

Private Health & Medicare Rebates apply for one-on-one appointments & for Care Clinic programs. A referral to Oncore Nutrition for tailored nutrition can be arranged on top of the group sessions that are included in the program cost.

## HOW TO BE INVOLVED

To find out more or to register, scan the QR code below or go to

[chroniccare.com.au/healthcare-hub](https://chroniccare.com.au/healthcare-hub)

Enter your details and our reception team will be in contact to discuss and determine your eligibility.



HOVER YOUR PHONE OVER THE CODE TO ACTIVATE & CONNECT TO THE CHRONIC CARE HEALTHCARE HUB.



**BOOK NOW**



Quality services for remote and regional Australians.

New Purpose-Built Facilities — Cottesloe Medical Centre, 525 Stirling Hwy Cottesloe WA 6011

+ (08) 9385 1430 + [chroniccare.com.au](https://chroniccare.com.au) + Virtual Clinic access available worldwide