

## Background

- The Good Life with osteoArthritis: Denmark (GLA:D™) is an evidence-based program designed for individuals with symptomatic hip and knee osteoarthritis (OA) [1].
- This program has reported improvement in pain, quality of life and self-efficacy, as well as delays in joint replacement surgery for adults with moderate to advanced hip or knee OA [2-5].
- Evaluations of GLA:D™ implementation in several countries have focused on effectiveness, training, and feasibility of the program primarily from the provider perspective [1,2,4].

### Objective:

- To examine how the GLA:D™ program was perceived and experienced by individuals with hip and knee OA to inform on-going program refinement and implementation.

## Methods

**Recruitment:** Participants were recruited from 9 clinics of the initial cohort of 12 clinics that implemented the GLA:D™ program in Alberta.

**Participants:** Adults who had participated in the GLA:D™ program between January 2017 and December 2018 in Alberta.

**Interview:** One-on-one semi-structured telephone interviews, approximately 60 minutes in length.

**Analysis:** Inductive coding of full transcripts (NVivo Pro 12 software) using an interpretive descriptive approach [6] and thematic analysis [7].

**Ethics:** Ethical approval was obtained from the Health Research Ethics Review Board of the University of Alberta (Study ID: Pro00088308).

## EDI SGBA+

- The direction of the overall evaluation of the GLA:D™ program was informed by the experiences of patient advisors who are engaged with the Bone and Joint Health Strategic Clinical Network in Alberta through their participation in network meetings and working groups.
- A purposive sample of individuals who completed the GLA:D™ program was generated using a maximum variation sampling strategy to maximize diversity of the participants across geography, clinical settings, and gender, with the intent to identify common patterns across the diverse contexts of program delivery.
- A diverse group of researchers and practitioners conducted the data analysis, meetings to discuss the analysis also included discussions of personal reflections that enabled team members to unpack their presumptions and perspectives in relation to emergent findings.

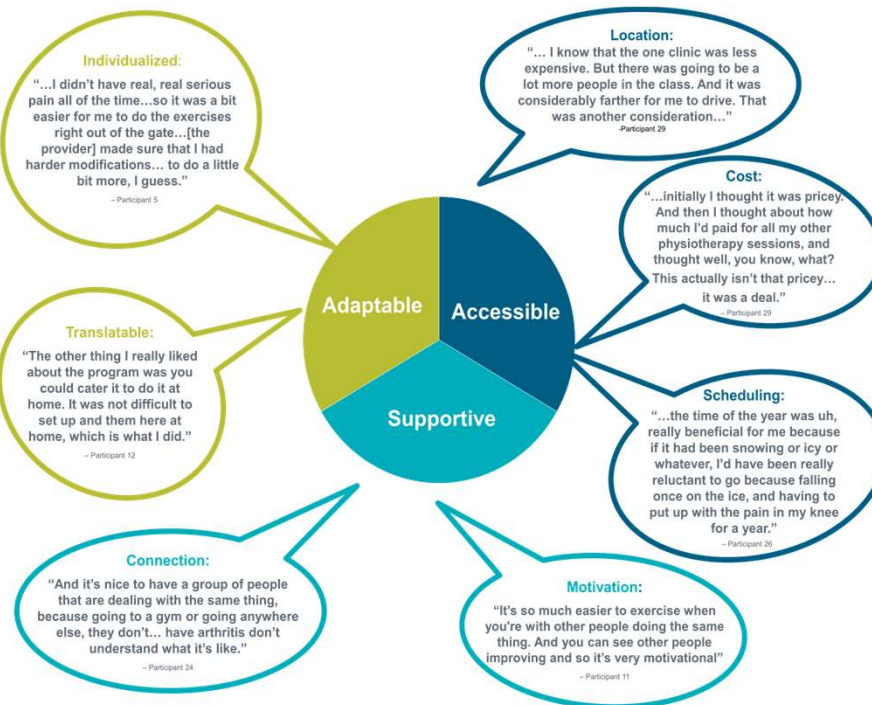
## Participant Characteristics

Figure 1: Participant and Program Characteristics (n=30)



## Findings

Figure 2: Emergent themes and sub-themes of GLA:D participants' experiences with supportive quotes



- Most participants had a positive experience of the GLA:D™ program, which was described as 'excellent', 'very good', 'good', 'well done', and 'useful'.

"I loved it. I think everybody should do it...I'm a big promoter of the program, absolutely. Because I'm at a level right now where I'm thinking, I don't need surgery! Seriously... [the provider] even asked me if I would speak at the next class."  
- Participant 1

- Three emergent themes related to acceptability were identified:  
**Accessible ♦ Adaptable ♦ Supportive**
- There were also aspects of the program that did not lend themselves to a positive experience of the GLA:D™ program. For example:
  - The program did not offer new information or useful insights regarding OA and not a good use of their time.
  - Providers who were inattentive or disengaged.
  - Venues which were busy or cramped.
  - The group format did not enable effective interaction with the provider.
  - Diverse fitness or ability levels precluded full participation.

## Implications

- The GLA:D™ program was perceived as accessible and acceptable by most participants, across public and private settings.
- While the group format was regarded by most as motivating and connection-forming, this format might not be useful for all individuals living with OA, particularly those in need of substantial support.
- Recommended improvements included adapting screening to identify those suited for the group format, providing program access earlier in the disease progression trajectory, modifying educational content based on participants' knowledge of OA and finally, providing refresher sessions after program completion.

## References

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