Patient Caregiver Symptoms begin ttle trouble sitting I thought I had a "I saw a lot of physiotherapists and doctors and I got all sorts of other diagnoses." Seeking medical care Needs: to convey their symptoms, be understood and get help Osteoarthritis not discovered – receives another/inaccurate diagnosis Diagnosed with osteoarthritis Needs: to understand, accept and trust the diagnosis How to improve the discover of early stage osteoarthritis? Starting basic treatment Starting basic treatment Needs: to get relevant support and information, to gain motivation Challenge 2: How can health care providers offer individualised and resource-efficient exercise support? Basic treatment not sufficient "Some drop their exercising routine after a year or so. Maybe we would have needed a longer follow-up period after the osteoarthritis education. At the same time, the task will be almost impossible for us in primary care, if we are to keep all the patients longer." Referral to orthopedic for surgery How can disease progression and treatment be continuosly monitored and evaluated?

Read more about symptoms, diagnosis and treatment of osteoarthritis: Nationellt kliniskt kunskapsstöd (in Swedish)

The journey of a hip osteoarthritis patient