

NICE osteoarthritis quality statements QS87¹

Statement 1

Adults aged 45 or over are diagnosed with osteoarthritis clinically without investigations if they have activity-related joint pain and any morning joint stiffness lasts no longer than 30 minutes.

Statement 2

Adults newly diagnosed with osteoarthritis have an assessment that includes pain, impact on daily activities and quality of life.

Statement 3

Adults with osteoarthritis participate in developing a self-management plan that directs them to any support they may need.

Statement 4

Adults with osteoarthritis are advised to participate in muscle strengthening and aerobic exercise.

Statement 5

Adults with osteoarthritis who are overweight or obese are offered support to lose weight.

Statement 6

Adults with osteoarthritis discuss and agree the timing of their next review with their primary healthcare team.

Statement 7

Adults with osteoarthritis are supported with non-surgical core treatments for at least 3 months before any referral for consideration of joint surgery.

Statement 8

Healthcare professionals do not use scoring tools to identify which adults with osteoarthritis are eligible for referral for consideration of joint surgery.