

Is it Worth a Shot? Viscosupplements and Osteoarthritis

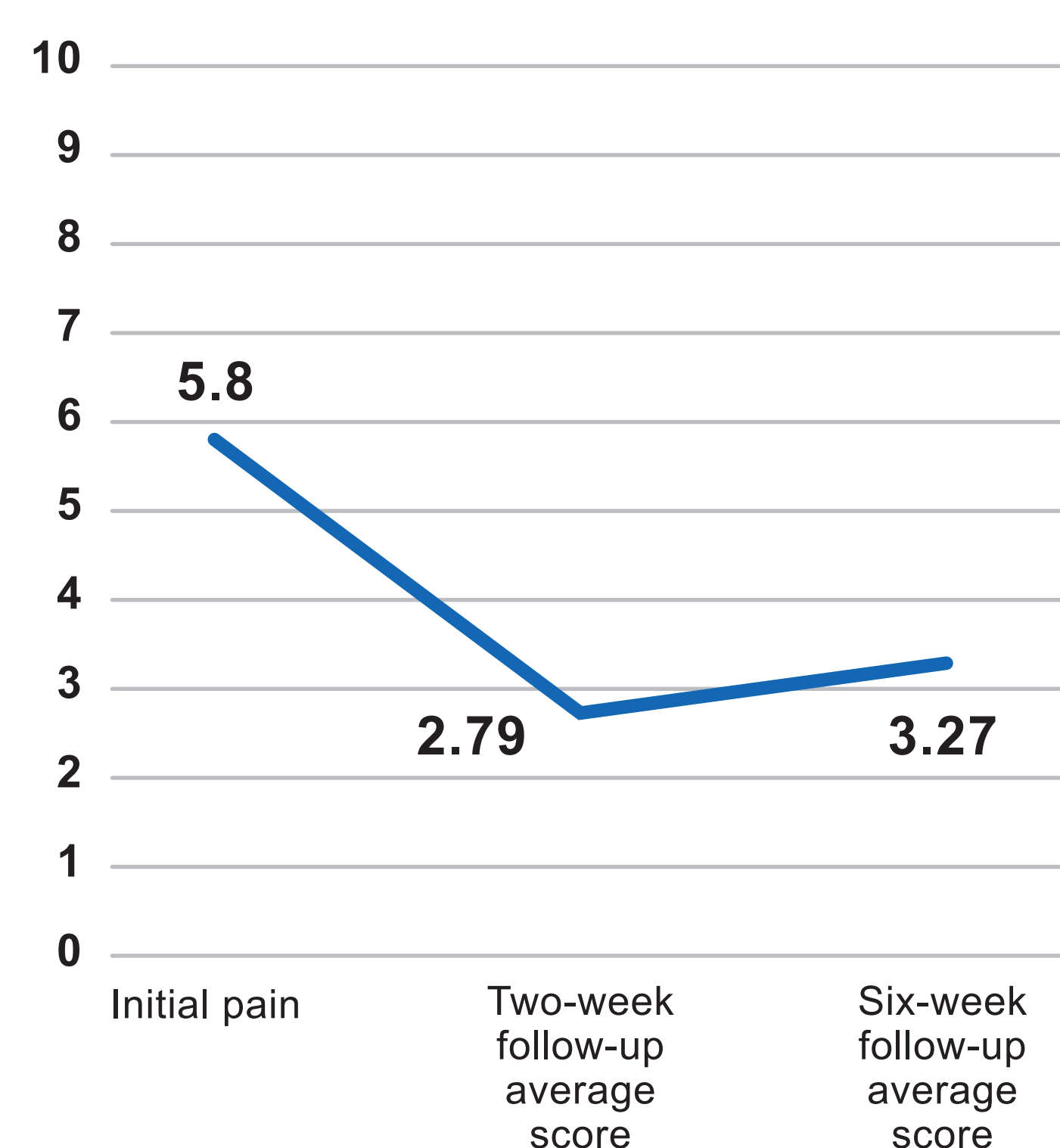
Project idea

In patients with osteoarthritis, assess the pain improvement after receiving cortisone injections (Triamcinolone, Methylprednisolone) and viscosupplement injections (Synvisc, Durolane, Monovisc, Cingal) at two and six weeks post-injection.

1 Project data

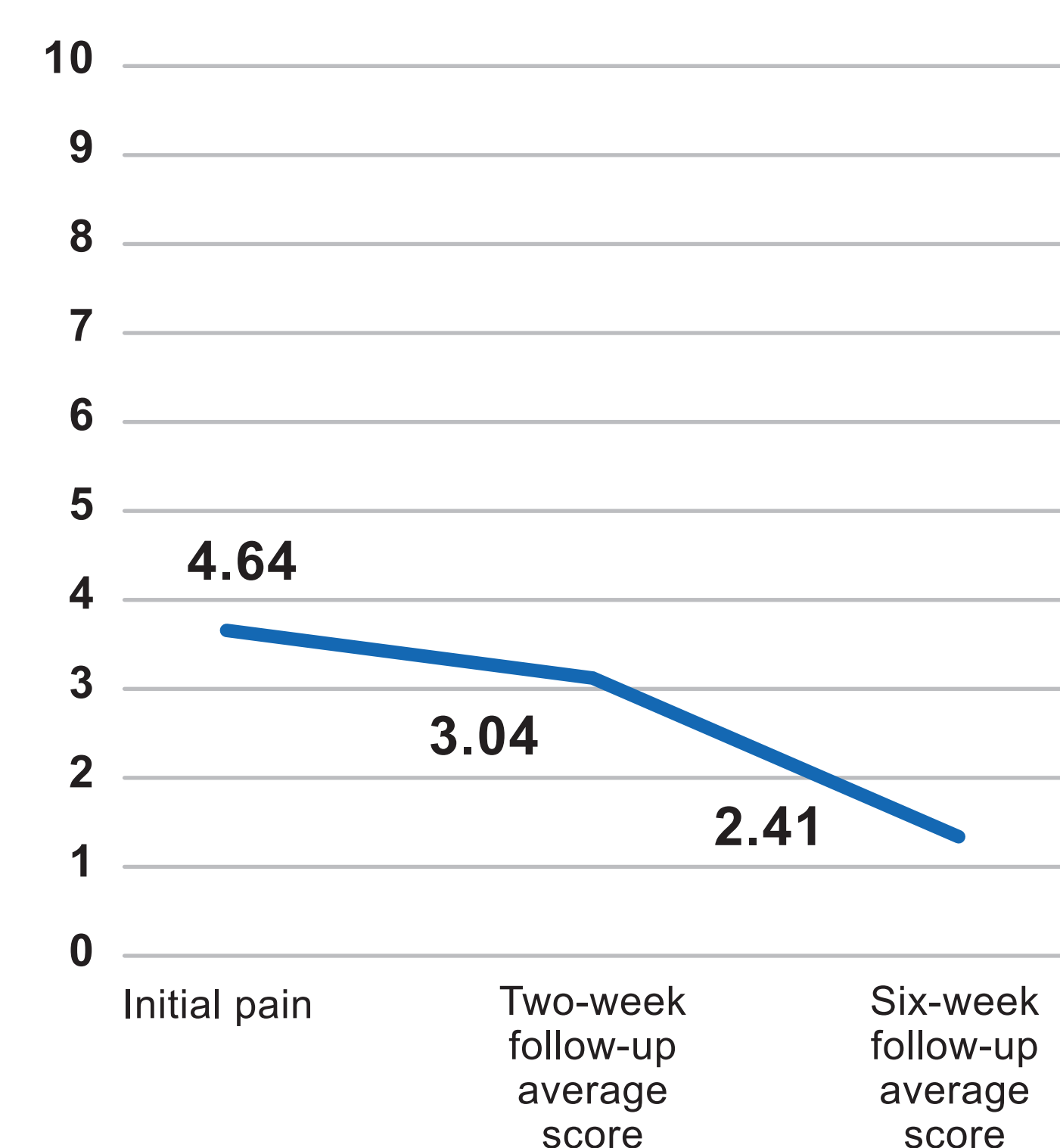
Cortisone injections:

Average pain score from initial to six-week follow-up (Jan. 2 - May 7)



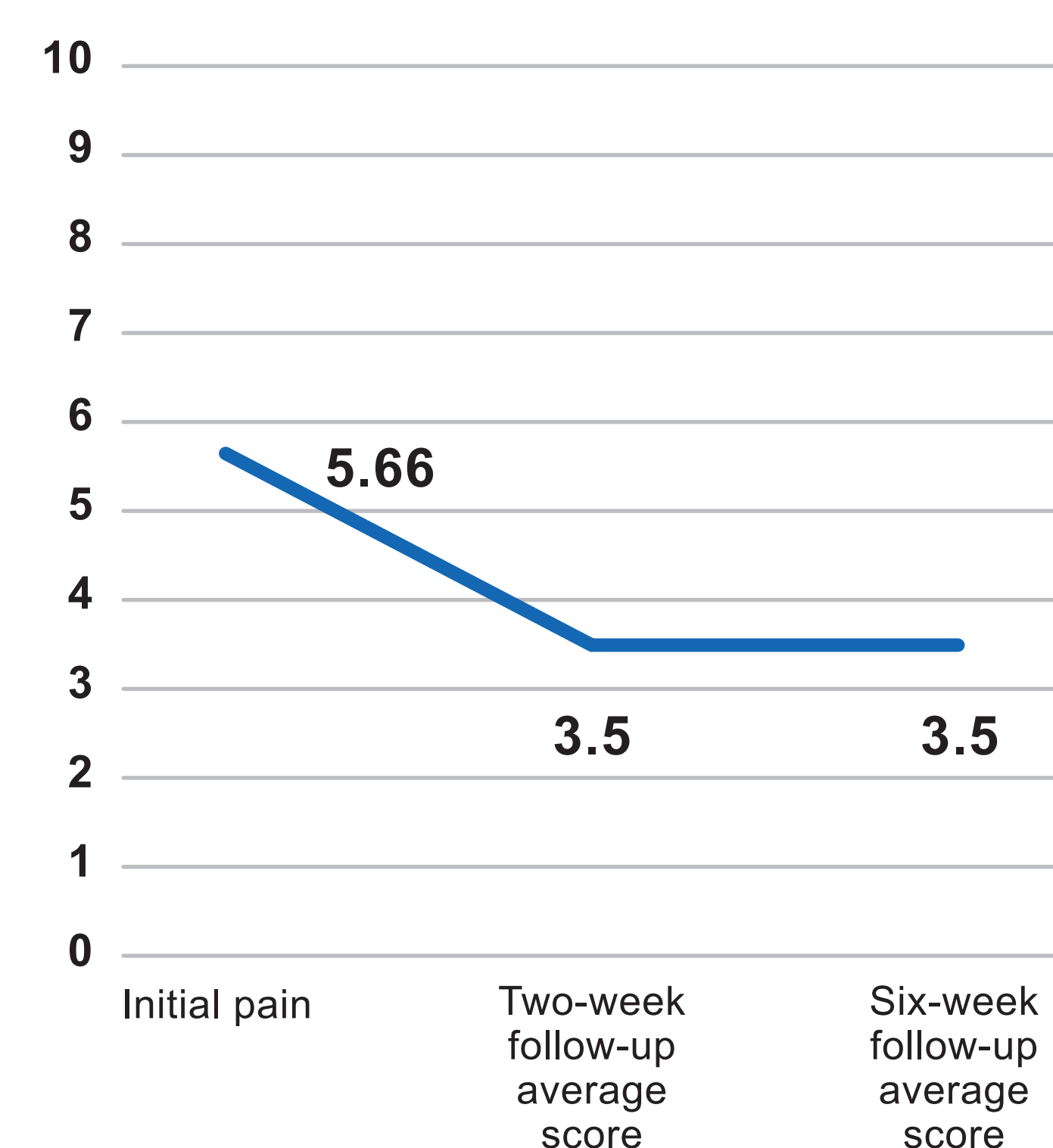
Lubricant injections:

Average pain score from initial to six-week follow-up (Jan. 8 - May 7)

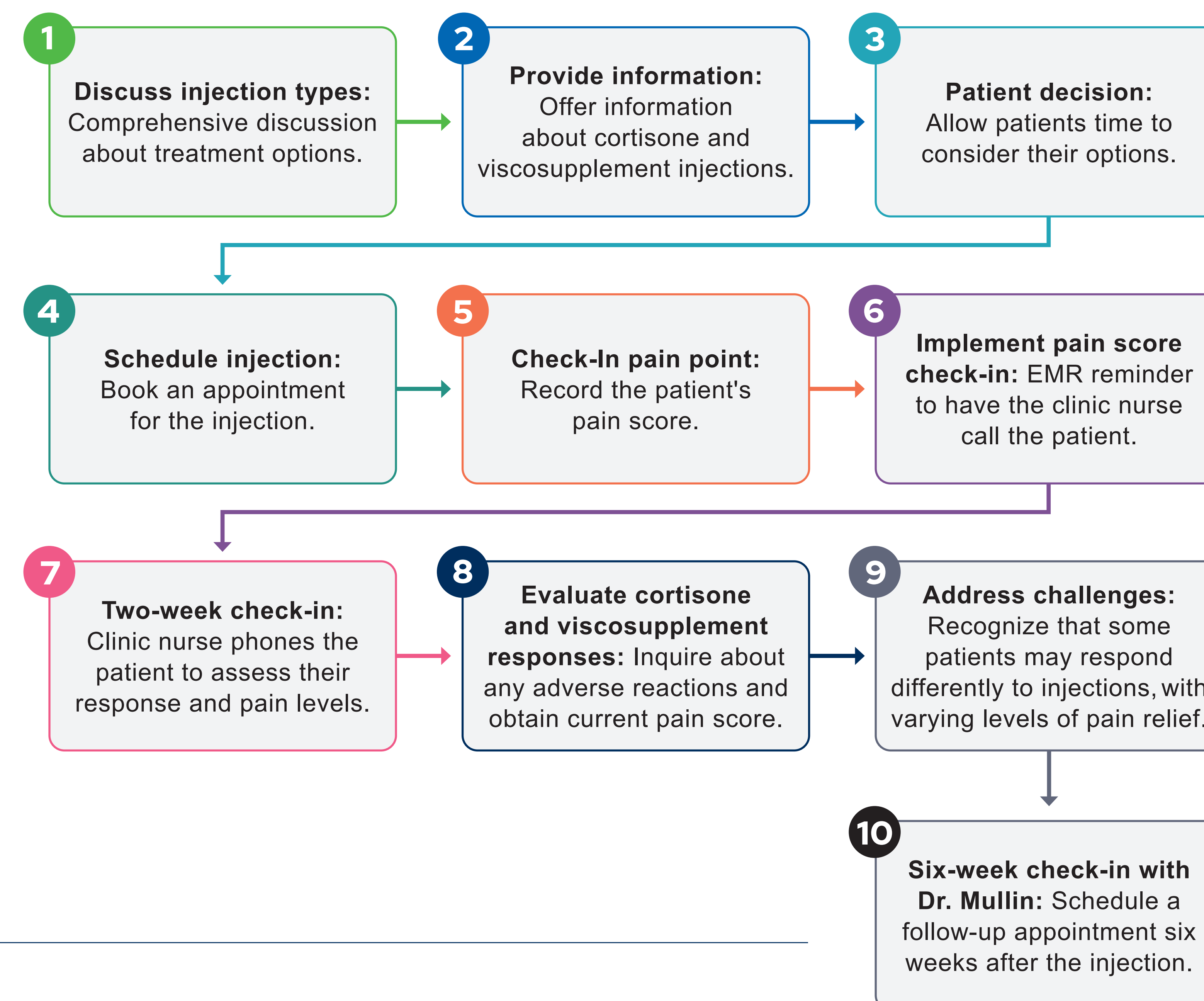


Cortisone and lubricant combination injections:

Average pain score from initial to six-week follow-up (Jan. 8 - May 7)



2 Current project



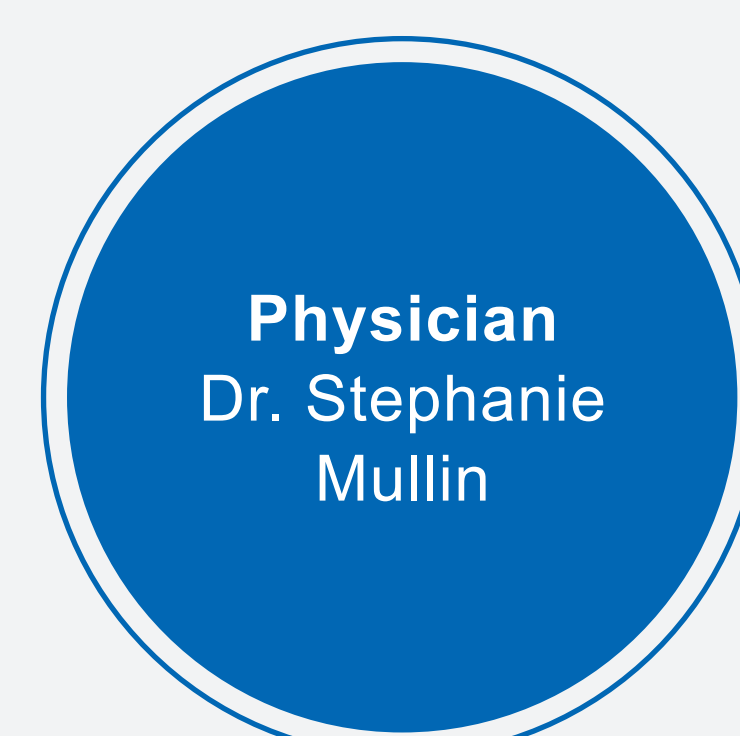
3 Getting here

- Standard practice for osteoarthritis treatment involves cortisone injections, but prolonged use has potential drawbacks.
- Viscosupplement injections are considered an alternative; yet, evidence doesn't fully match clinical observations.
- The project aims to collect real-world data on treatment outcomes to enhance patient care practices.

4 Project improvements

- Revised follow-up schedule: Reduced recall bias.
- Enhanced EMR documentation: Created searchable fields for pain scores, ensuring consistent and efficient data capture.
- Standardized monitoring process: Promoting uniformity in patient care.
- Extended follow-up: Added a six-month check-in to assess the patient outcomes over time.
- Functional assessment: Introduce the Knee Osteoarthritis Outcomes Score (KOOS).
- Risk-benefit analysis: Conducted a thorough risk-benefit analysis.

5 Project team



6 Key takeaways

Continue using cortisone for short-term pain relief but explore viscosupplement for longer-term management

Osteoarthritis is a degenerative condition, but appropriate management of pain and improved function can hasten the progression

Potential to decrease reliance on analgesics (NSAIDs, opioids) with harmful side effects by using locally acting injections with minimal systemic effects

Conduct a risk-benefit analysis comparing viscosupplement and cortisone to inform treatment decisions

Explore alternative options beyond cortisone injections, potentially delaying the need for joint replacements