

# BFHT Physiotherapy Team

Burlington Community Physician Council

April 21, 2022



Good Life with osteoArthritis: Denmark

Jake Tumber, Physiotherapist, Burlington Family Health Team

7-week group program for those with knee and / or hip OA

2 x 90-min education sessions (OA, exercise)

12 x 1 hour supervised exercise sessions

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Led by GLAD-Certified clinician (PT, OT, DC, Kin)

Participants enroll in research study to monitor outcomes (baseline, 3 and 12 months)

Offered in-person and virtually

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Developed in Denmark 2013 as a direct result of research study

Licensed in Canada 2016 through the Canadian Orthopedic Foundation

Implemented by their knowledge translation branch Bone and Joint  
Canada

330 sites across Canada (private / public)

Ongoing research

Improve access to first line treatment of hip / knee OA (education,  
exercise, weight control)

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GLAD outcomes: Denmark

2013-2019: 50,000 participants

Consistent outcomes of 27% pain reduction

Improved function and greater quality of life

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GLAD outcomes: Ontario

15-29% improvement in pain

>30% of individuals experienced a marked improvement in ADLs, sports and recreation

>45% of individuals experienced a marked improvement in quality of life

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*“I just got back from a 5 K walk and thought I would update you on my progress. I was referred to the GLAD program by Dr. Dzaja, as many of his patients have had very positive results from their participation in the program. If you recall when I started the program I was using a cane for walking because of knee pain. I was looking for a way to reduce the knee pain, walk without a limp and not require a knee replacement.*

*The GLAD program has had a huge impact on my quality of life. I am able to walk briskly with no pain. I learned what discomfort I can push through and when it is time to stop. I walk pain free without a cane and am no longer limping.*

*Being a recently retired nurse I can see how the GLAD program can save money for the health care system in the reduction of knee replacements and over-all general health and well being of participants.” – JR, GLAD participant*

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## Commentary on GLAD program

Dr. Ivan Dzaja

COVID especially difficult for arthritis patient population by delay in surgical management

Wait time for surgery >300 days, wait list for consult with Dr. Dzaja 6-9 months

Patients wait well over 2 years for surgery from date of primary care referral

Patients become deconditioned which impacts post-surgical outcome

GLAD is instrumental in minimizing deconditioning

Has referred over 50 patients to GLAD and feedback is overwhelmingly positive

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“COVID has been especially difficult for the arthritis patient population. I feel they have been especially affected by the delay in getting surgical management. The average wait time for a patient at JBH who signs consent and wants surgery is now well over 300 days. My personal waitlist is 6-9 months for someone to be seen once a consult is placed, and then another 12-18 months for surgery. So these patients are waiting well over 2 years for their surgery once they decide to speak to their family doctor. Unfortunately the degenerative change can progress quite rapidly and these patients quickly become deconditioned which affects their outcome after surgery. I have seen patients come in with multiple falls, being house bound because of lack of confidence in trusting their arthritic joints. I have had a couple patients tell me they were contemplating suicide because of the pain. GLAD has been instrumental in terms of helping to minimize this deconditioning. Patients feel empowered by having the ability to do something proactive while they wait patiently for surgery.

I have also had success at managing the 'early' arthritic patient. Specifically the patient with some symptoms that feel they are not ready to pursue joint replacement. With these patients, management requires multiple strategies including bracing, injections, activity modification and physiotherapy. There is literature to support GLAD as an effective tool in managing these patients.”

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“Anecdotally, I have been discussing and referring patients to GLAD for months now and have sent well over 50 patients to the program. Without fail, the feedback I have received has been very positive.

Trying to manage this patient population has been challenging without full access to the Operating Room. I often leave clinic feeling defeated in terms of knowing there is a management strategy I could potentially offer which would really change their lives (joint replacement), but because of COVID and decreased OR resources I am unable to offer this to them. Having an option such as GLAD does certainly help people work to maintain their function and independence.”

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## **Physiotherapy Team Programs**

**GLAD Canada**

**Living Better with Pain**

**Pulmonary Rehab**

**LIFT (shoulder program)**

**Back In Action (low back pain program)**

**Exercise for Everyday Activities (balance and mobility program)**

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# Stretch Break!

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GLAD and Back In Action exercises





# RAPID ACCESS CLINICS (RAC) for Low Back Pain

Anne Svetik-Jones, Physiotherapist, Team Lead, Burlington Family Health Team

# RAC Low Back Pain Program (RAC-LBP)

Shared-care model of care

Patients receive:

- Rapid low back pain assessment
- Education
- Evidence-based self-management plans

Program goals:

- Decrease prevalence of unmanageable chronic low back pain
- Reduce unnecessary diagnostic imaging and unnecessary specialist referral

Referral only available to patients whose family doctor or primary care nurse practitioner has enrolled in the program



# Who is it for?

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- ✓ Patients > 18 years old
- ✓ Low back pain and/or related leg symptoms (e.g., leg pain, numbness and/or tingling)
- ✓ **At least 6 weeks**, but **not longer than one year**

## Exclusion criteria:

- Long-standing low back conditions with no relief
- Pain that is a result of an accident where the injury is covered under an insurance claim
- Pregnant or within 12 months after childbirth
- Conditions that require urgent or emergency care



## How to enroll in the RAC-LBP



Register with the RAC-LBP Program

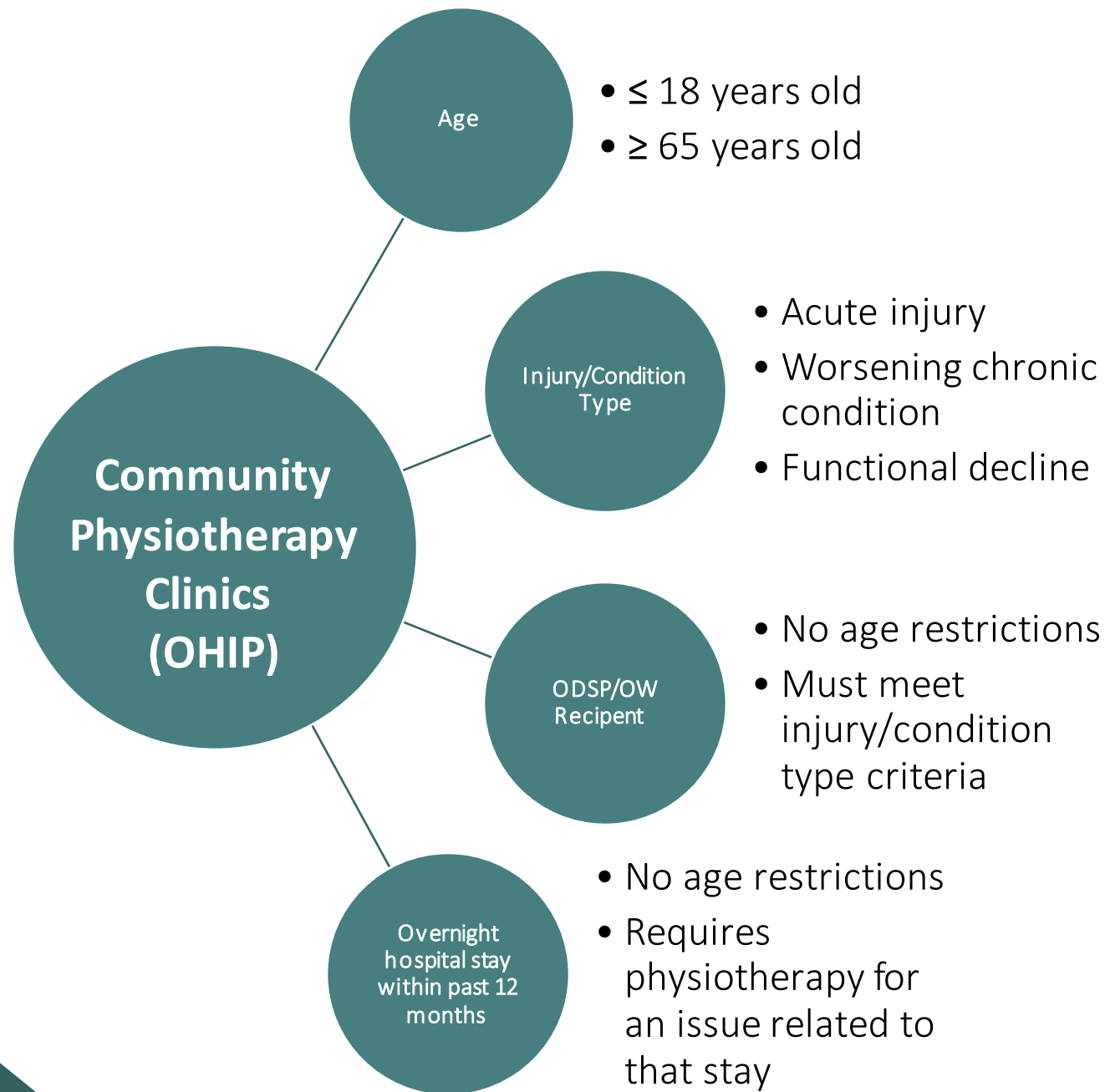


Complete the Onboarding module

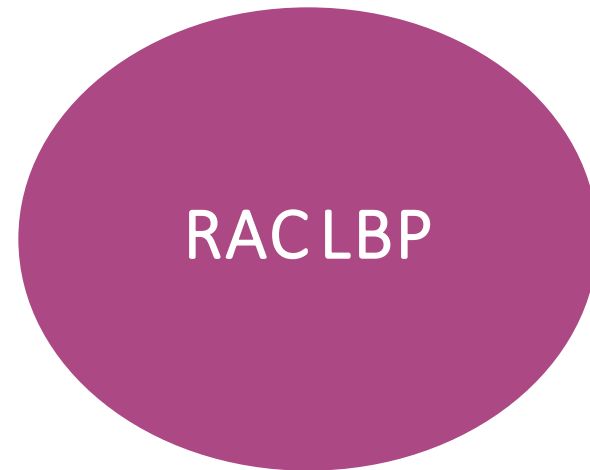


RAC-LBP referral privileges will be activated within **2-3 business days** of onboarding module completion

# Referral Criteria for Community Physiotherapy Clinics (OHIP)



# Referral options for Patients with Low Back Pain (LBP)



# Where we fit in!

Adults ages 19+ with Low Back Pain\*  
Team and group-based programming  
Active model of care  
In-person and virtual care platforms

## Back In Action program

- Education
- Individualized therapeutic exercise
- Self-management strategies



 **BFHT Physiotherapy Referral Form**  
Burlington Family Health Team Physiotherapy Community & Clinic

Date (MM/DD/YYYY) \_\_\_\_\_ Referring Practitioner: \_\_\_\_\_  
Referring provider telephone: (\_\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_\_) \_\_\_\_\_  
Primary Care Provider (PCP): \_\_\_\_\_  
Address: \_\_\_\_\_  
Patient Name: \_\_\_\_\_  
Date of Birth (MM/DD/YYYY) \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_

**REFERRAL CRITERIA:**  
\*\*Please note: Patients are not eligible if they are 19 or under, have an active Mink or WSR claim, or have private Physiotherapy coverage.  
Additionally, the patient must meet one of the criteria below (Please check which criterion applies)

Patient is over 19 and under 65 with any condition requiring Physiotherapy  
 Patient is 65+ and has a chronic medical condition requiring Physiotherapy  
 Patient is over 19 and being referred to one of our group programs:  
• Hip and Knee Osteoarthritis Exercise Program (HAK) Canada  
• Pulmonary Rehabilitation Program  
• Chronic Pain Program (Living Better with Pain)

If patient is 65+ and does not meet any of the above criteria, please fax this form to an OMF clinic:  
Advanced Physiotherapy (Tel: 905-315-7206) | Breast Active Physiotherapy (Tel: 905-481-6385)

Reason for Referral: \_\_\_\_\_ Physiotherapy  
Please Specify Body Part (if applicable): \_\_\_\_\_  
Diagnosis: \_\_\_\_\_

\*\* Please provide relevant diagnostic imaging results \*\*  
**\*\* Please fax completed referral to 1-(855) 764-8360 \*\***

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# Questions

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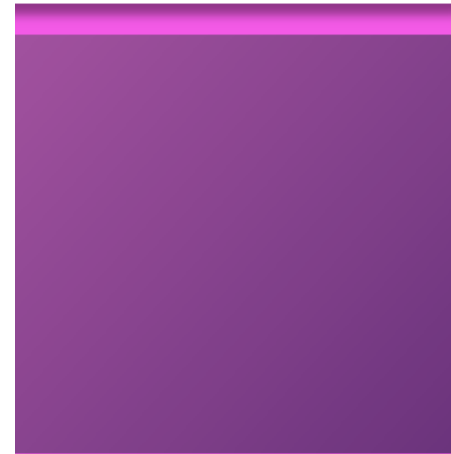
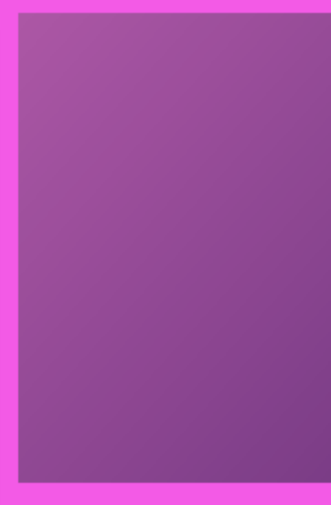
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289-861-5611 ext. 5512



# References and Resources

RAPID ACCESS CLINICS for Low Back Pain:

<https://www.lowbackrac.ca>

RAC-LBP Registration and Onboarding module:

<https://isaec.thinkific.com/courses/isaec-primary-care-provider-registration-and-onboarding-en>

[https://www.lowbackrac.ca/uploads/1/3/1/2/13123559/rac\\_lbp\\_patient\\_intake\\_form\\_march\\_2020.pdf](https://www.lowbackrac.ca/uploads/1/3/1/2/13123559/rac_lbp_patient_intake_form_march_2020.pdf)

RAC-LBP Patient Materials:

<https://www.lowbackrac.ca/patient-materials.html>