

**“Enhancing Interprofessional
Collaboration and Learning for
Strengthening Primary Health Care”**

July 21-23, 2021

Faculty of Medicine, Public Health and Nursing

Universitas Gadjah Mada

Yogyakarta, Indonesia

TUFH THE NETWORK:
2021 TOWARD UNITY
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TUFH 2021 ABSTRACTS

Title	AN EVALUATION OF OSTEOARTHRITIS REHABILITATIVE PRACTICES WITHIN A SOUTH AFRICAN MULTIDISCIPLINARY REHABILITATION SETTING
Type	Oral Presentation <i>High-Quality Learning and Collaborations in the Health Workforce</i>
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Abstract N ^o	TUFH596
Content	<p>Osteoarthritis is a common degenerative disorder and a primary reason for functional disability in an aging population worldwide. There is growing evidence which indicates that intervention programmes for chronic conditions need to be bio-psycho-social in nature, and therefore encompass inter-professional collaborations in practice. This has been largely supported as the ideal treatment approach in most developed countries, yet it is still lacking in many developing countries. In South Africa there is no integrated management plan for musculoskeletal conditions and limited resources directed to patient self-education, weight management, physical rehabilitation and lifestyle modification. Evidence shows that the management of osteoarthritis varies; however, consensus on the management thereof is limited, particularly in an inter-professional management context. The main purpose of this study is to evaluate osteoarthritis rehabilitative practices amongst medical and allied practitioners within a South African setting, thereby identifying emerging trends within a South African multidisciplinary rehabilitation setting. By understanding the various osteoarthritis rehabilitative practices, it may help create better inter-professional relationships and build the South African multidisciplinary rehabilitation setting in the future. The target population consisted of medical and allied practitioners located within the South African public and private healthcare framework. Data was collected using questionnaires. This study found that in order for practitioners to step out of their silos and work in a multidisciplinary team, there needs to be education on the unintentional trespassing between the various disciplines as well as the unique contribution of each profession for the optimal management of osteoarthritis.</p>