GLA:D CANADA: 2018 ANNUAL REPORT

Alberta Health Services

Enrollment

Up to the end of 2018, a total of 154 participants registered with the GLA:D Canada outcomes database within Alberta Health Services. Of the registered participants, **108** completed the program intake questionnaire (**36** hip and **72** knee participants).

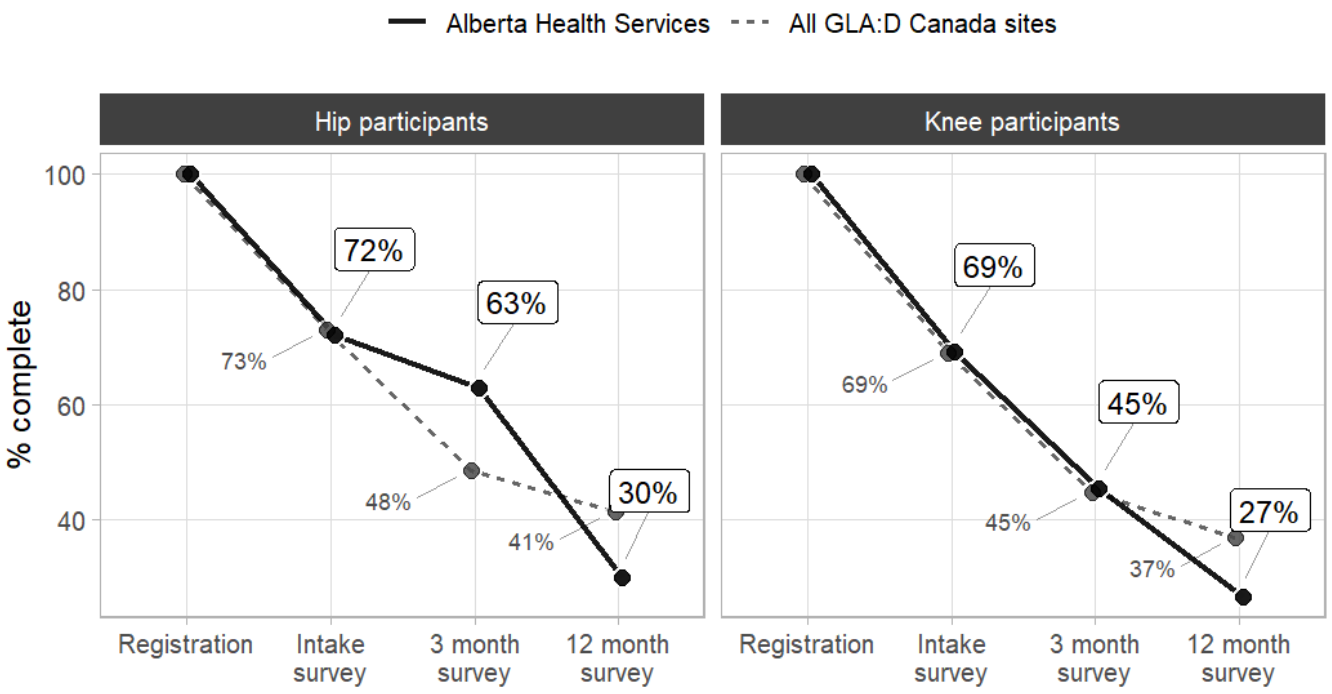
Sub-sites

Registration by clinic up to the end of 2018:

Site	Hip*	Knee*	Total*
Bonnyville Community Health Services/Bonnyville Health Centre	0 (0)	3 (2)	3 (2)
Canmore Hospital	3 (3)	5 (4)	8 (7)
Coronation Hospital and Care Centre	2 (0)	4 (2)	6 (2)
Healthy Living Centre	2 (1)	11 (7)	13 (8)
Lamont Health Care Centre	9 (6)	13 (8)	22 (14)
Northwest Health Centre	1 (1)	0 (0)	1 (1)
Oilfields General Hospital	1 (1)	5 (4)	6 (5)
Red Deer Regional Hospital Centre	9 (6)	20 (14)	29 (20)
Rocky Mountain House Health Centre	3 (2)	1 (1)	4 (3)
St. Therese Healthcare Centre	3 (3)	8 (7)	11 (10)
Stettler Hospital and Care Center	2 (2)	3 (2)	5 (4)
Strathmore Hospital	5 (3)	3 (3)	8 (6)
Sundre Hospital and Care Centre	3 (2)	2 (1)	5 (3)
Westlock Healthcare Centre	7 (6)	26 (16)	33 (22)

*Number of registrants (number with completed intake questionnaire)

Questionnaire completion



Note: the 3- and 12-month completion rates include all registrants eligible to complete the follow-up survey considering their enrollment date, regardless of intake survey completion.

Participant characteristics

Statistics reported as percentage or mean ± standard deviation.

Demographics

Measure	Category	Hip participants (N = 36)	Knee participants (N = 72)
Year of enrollment	2017	13.9%	11.1%
	2018	86.1%	88.9%
Gender	Female	83.3%	87.5%
	Male	16.7%	12.5%
Age (years)	—	66.8 ± 10.1	64.1 ± 9.5
Age group	< 55	16.7%	12.5%
	55-64	22.2%	31.9%
	65-74	38.9%	44.4%
	≥ 75	22.2%	11.1%
Marital status	Single	2.8%	2.8%
	Married	83.3%	72.2%
	Common-law	0.0%	5.6%
	Living with partner	0.0%	0.0%
	Separated	0.0%	2.8%
	Divorced	5.6%	5.6%
	Widowed	8.3%	11.1%
Highest education attained	Some/completed elementary school	0.0%	4.2%
	Some/completed high school	22.2%	19.4%
	Some/completed trade or community college program	38.9%	44.4%
	Some/completed university	33.3%	26.4%
	Other	5.6%	5.6%
Employment status	Working full-time	14.7%	14.1%
	Working part-time	11.8%	19.7%
	Not working, on benefits	5.9%	7.0%
	Not working, seeking work	0.0%	1.4%
	Retired	55.9%	50.7%
	Homemaker	5.9%	4.2%
	Other	5.9%	2.8%
	Not reported	— (2)	— (1)

Medical history

Measure	Category	Hip participants (N = 36)	Knee participants (N = 72)
Smoking status	No	97.2%	91.7%
	Yes	2.8%	8.3%
Body mass index (BMI, kg/m²)	—	30.3 ± 7.5	32.1 ± 7.0
BMI category	Underweight (< 18.5)	2.9%	0.0%
	Normal weight (18.5-24.9)	8.6%	15.3%
	Overweight (25-29.9)	54.3%	25.0%
	Obese (≥ 30)	34.3%	59.7%
	Not reported	— (1)	— (0)
Number of comorbid conditions (out of 14, excluding osteoarthritis)	0	0.0%	0.0%
	1	24.1%	33.9%
	2	34.5%	35.6%
	3	17.2%	13.6%
	4 or more	24.1%	16.9%
	Not reported	— (7)	— (13)
Selected comorbid conditions	High blood pressure	52.8%	52.8%
	High cholesterol	22.2%	31.9%
	Depression	13.9%	16.9%
	Lower back pain	33.3%	18.3%
	Not reported	— (0)	— (1)
Have you taken any medications including herbal or dietary supplements for your hip/knee in the last 3 months?	No	27.8%	36.1%
	Yes	72.2%	63.9%
Use of opioid(s) in the last 3 months (e.g. morphine, tramadol, codeine)	No	86.1%	79.2%
	Yes	13.9%	20.8%
Use of selected medications	Acetaminophen	41.7%	43.1%
	Oral NSAID	52.8%	41.7%
	Topical NSAID	41.7%	33.3%
	Glucosamine	25.0%	22.2%
	Corticosteroid injection	22.2%	8.3%

Joint pain history and patient-reported outcome measures

Measure	Category	Hip participants (N = 36)	Knee participants (N = 72)
Previous injury to affected hip/knee	No	75.0%	54.2%
	Yes	25.0%	45.8%
Are you so troubled by your hip/knee problems that you want surgery?	No	73.5%	68.1%
	Yes	26.5%	31.9%
	Not reported	— (2)	— (0)
Have you had surgery on your hip/knee?	No	97.2%	66.7%
	Yes	2.8%	33.3%
Are you afraid that your joints will be damaged from physical activity and exercise?	No	77.8%	76.4%
	Yes	22.2%	23.6%
In a typical week, how many days have you been physically active at least 30 minutes per day?	None	16.7%	9.7%
	1 to 3 days	27.8%	27.8%
	4 to 6 days	44.4%	40.3%
	7 days	11.1%	22.2%
Numeric pain rating: hip/knee pain in the last 3 months (0 to 10)	—	5.6 ± 1.9	5.0 ± 2.1
EQ-5D health utility (0 = no utility, 1 = maximum utility)	—	0.7 ± 0.2	0.7 ± 0.2
Arthritis Self-Efficacy Scale (1=lowest self-efficacy, 10=highest)	—	6.0 ± 1.6	6.2 ± 2.0
HOOS/KOOS subscales (0=worst, 100=best)	Activities of daily living	59.8 ± 17.6	63.4 ± 19.1
	Pain	51.6 ± 14.1	55.3 ± 17.1
	Quality of life	39.4 ± 17.3	37.3 ± 20.6
	Sports/recreation	33.7 ± 22.8	20.7 ± 21.7

Participation in GLA:D Canada and patient feedback at 3-month follow-up

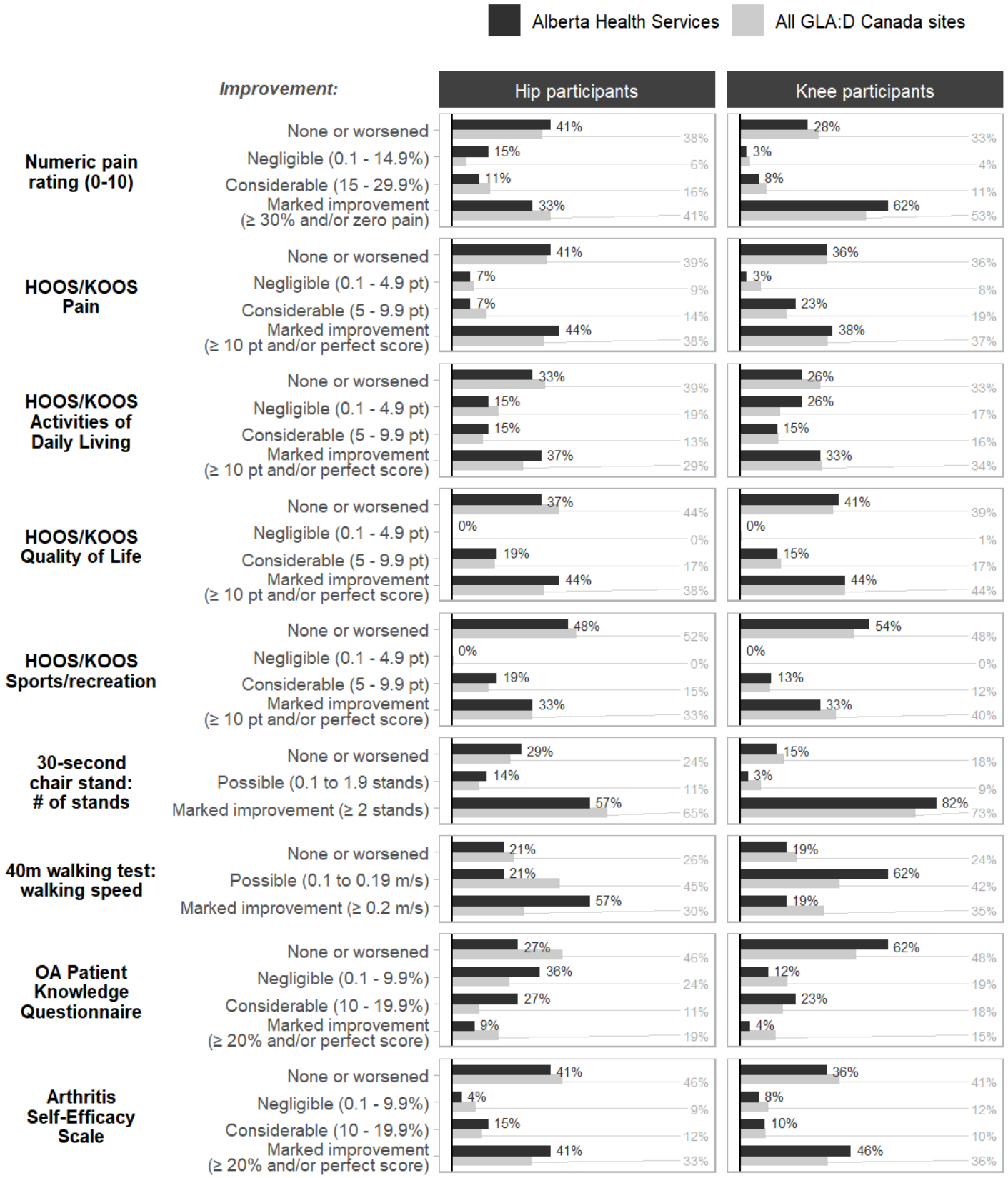
Measure	Category	Hip participants (N=27)	Knee participants (N=39)
How many education sessions did you attend?	0	0.0%	0.0%
	1	34.6%	17.9%
	2	53.8%	59.0%
	3	11.5%	23.1%
	Not reported	— (1)	— (0)
How many exercise sessions did you attend?	0-5	3.7%	0.0%
	6-10	25.9%	41.0%
	11-12	70.4%	59.0%
How much have you benefited from the GLA:D program?	1 - Not at all beneficial	0.0%	2.6%
	2	3.7%	2.6%
	3 - Neutral	11.1%	7.7%
	4	22.2%	30.8%
	5 - Very beneficial	63.0%	56.4%
How often do you use what you have learned from the GLA:D program in your daily life?	Never	0.0%	2.6%
	Every month	7.4%	0.0%
	Every week	37.0%	38.5%
	Every day	40.7%	43.6%
	Several times a day	11.1%	15.4%
	Don't know	3.7%	0.0%
How satisfied are you with the outcome of the GLA:D program?	1 - Not at all satisfied	0.0%	2.6%
	2	0.0%	0.0%
	3 - Neutral	11.1%	7.7%
	4	33.3%	23.1%
	5 - Very satisfied	55.6%	66.7%
Based on your experience, how much would you be willing to pay to take part in the GLA:D program?	$100 or less	56.0%	44.7%
	$101 to $150	32.0%	15.8%
	$151 to $200	4.0%	18.4%
	$201 to $250	4.0%	7.9%
	$251 to $300	0.0%	7.9%
	$301 or more	4.0%	5.3%
	Not reported	— (2)	— (1)

Participant outcomes

Results are shown for measures with ten or more observations at both intake and follow-up. **12-month outcomes are not presented** due to insufficient follow-up data.

Average change from intake

3 month follow-up

Percentage of participants who improved from initial status

3 month follow-up