

# Improving Percentage of Knee Osteoarthritis Patients with Improvement of Pain Scores After Receiving Physiotherapy Intervention at Kangar Health Clinic, Perlis



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KEMENTERIAN KESIHATAN MALAYSIA  
JABATAN KESIHATAN NEGERI PERLIS

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## 1. SELECTION OF OPPORTUNITIES FOR IMPROVEMENT

In 2020, Perlis had the second-highest elderly population in Malaysia (13.8%). The estimated prevalence of knee osteoarthritis (OA) in Perlis and Kangar was 6880 and 1248, respectively (20% of the elderly).

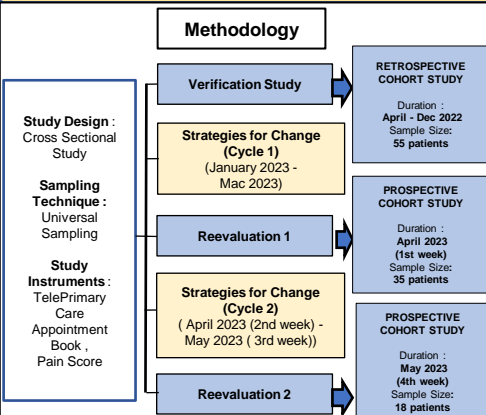
The verification study conducted from April to December 2022 showed only 45.5% of knee OA patients completed their planned physiotherapy sessions. Among these, only 38.2% of patients with grade 1 or 2 knee OA showed pain score improvement of at least 1 after receiving physiotherapy.

## 2. KEY MEASURES FOR IMPROVEMENT

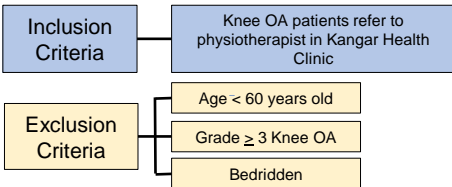
The indicator measured was the percentage of knee OA patients showing an improvement of pain score by 1 or more after receiving planned physiotherapy over 3 months.

A standard of 50% was set based on an international observational study.

## 3. PROCESS OF GATHERING INFORMATION

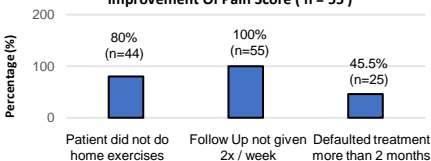


## Inclusion & Exclusion Criteria



## 4. ANALYSIS AND INTERPRETATION

Prevalence Of Contributing Factors Towards Poor Improvement Of Pain Score ( n = 55 )



## 5. STRATEGIES FOR CHANGE

### First Cycle

Proper Monitoring and Patient Empowerment using:



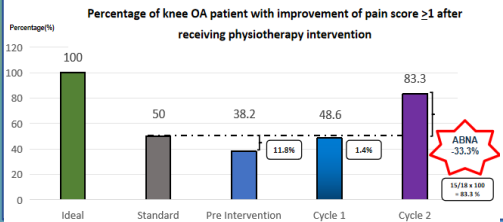
### Second Cycle

Community Support Group - 'Buddy System'



## 6. EFFECT OF CHANGE

ACHIEVABLE BENEFIT NOT ACHIEVED ( ABNA )



## 7. THE NEXT STEP

The Buddy System's training module will be strengthened and these initiatives will be expanded to other health clinics, supported by further sustainability plans.

## 8. ACKNOWLEDGMENT

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- 1) Advisory Panel, Kangar Health Clinic
- 2) Physiotherapy Unit, Kangar Health Clinic
- 3) All Participants
- 4) Kangar District Health Office

## 9. REFERENCES

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