

## **Reducing low-value knee arthroscopy: Development of a patient decision aid to support research translation**

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### **Background**

Arthroscopic surgery for knee osteoarthritis (OA) is recognised as a low-value intervention. Compelling evidence from high quality systematic reviews of randomised trials show that arthroscopy is ineffective and potentially harmful. Despite this, every year, over 30,000 Australians undergo arthroscopies.

### **Objectives**

To explore consumer and clinician beliefs and information needs about arthroscopy for people with knee OA and to develop a patient decision aid for knee arthroscopy addressing these information needs.

### **Method**

Interviews and focus groups were conducted with consumers with knee OA, general practitioners (GPs), rheumatologists, orthopaedic surgeons and physiotherapists. Interviews were audiotaped and transcribed verbatim. Data were analysed using thematic analysis. A decision aid was developed using MAGICApp, then piloted and refined to optimise functionality and user experience.

### **Results**

37 participants were interviewed (7 consumers, 13 GPs, 6 rheumatologists, 3 orthopaedic surgeons, 8 physiotherapists). Consumers reported a poor understanding of the nature and course of knee OA and a desire to know the benefits and harms of arthroscopy and other options. Pain was the primary driver for consumers seeking arthroscopy, with arthroscopy perceived as a quick and easy solution. Both consumers and clinicians considered consumers needed early, accurate and uncomplicated information about knee OA and treatment options, including the benefits and harms of arthroscopy. The final decision aid following user testing will be presented.

### **Conclusions**

Empowering people to make informed decisions about arthroscopy is likely to lead to fewer Australians with knee OA receiving this low-value intervention.