

## **Evidence Based Interventions and Clinical Standards Policy**

### **Patient information leaflet: knee pain**

The purpose of this leaflet is to tell you how you and your doctor decide what is the best treatment for your knee pain, and when you might be referred for a knee replacement operation.

#### **Why is knee pain included in the Evidence Based Interventions and Clinical Standards Policy?**

We want to ensure that all residents living in north central London with knee pain have fair and equal access to knee replacement operations.

We also want to make sure that if you have a knee replacement operation it takes place at a time that gives you the best outcomes for the future.

We brought doctors, consultants, surgeons and other medical professionals from across north central London together to examine and discuss the latest medical practice and national guidance available. We have developed our guidelines about when is the best time to refer a patient for a knee replacement operation based on this information.

Our guidelines follow standard NHS best practice and are in place throughout the country.

#### **What should I do if I have knee pain and think I need an operation?**

It is important that you discuss all your symptoms with your doctor and that together you discuss the different options that are available and agree what is right for you.

Let your doctor know if your pain is stopping you going about daily activities.

#### **What other options are available to relieve knee pain?**

There are always risks in having an operation so it is important to try other options first to reduce your pain.

Your doctor may suggest that you try these options first:

- losing weight
- taking exercise
- seeing a physiotherapist for special exercises

- taking pain killers

### **I have tried those options, what's next?**

If you are still in pain your doctor can refer you for a knee replacement operation if you meet these four conditions:

- You have osteoarthritis, this is a joint disease that affects bone joints and that gets worse over time. You are in pain, you are stiff and have difficulty moving and you can't take part in your usual daily activities
- You have tried exercising, losing weight, following physiotherapy exercises and taking painkillers and these did not reduce the pain
- You have had an X-ray that shows your knee joint is damaged and getting worse
- You and your doctor agree that you have tried all the alternatives and that these do not work. You and your doctor agree that a knee replacement operation could be the best option for you

Your doctor will make a referral for you with a hospital consultant to discuss you having a knee replacement operation.

### **Useful links**

Healthcare services in north central London are bought by our five Clinical Commissioning Groups, (Barnet, Camden, Enfield, Haringey and Islington). For more information go to your Clinical Commissioning Group's (CCG) website:

- Barnet CCG, <http://www.barnetccg.nhs.uk>
- Camden CCG, <http://www.camdenccg.nhs.uk/>
- Enfield CCG, <http://www.enfieldccg.nhs.uk/>
- Haringey CCG, <http://www.haringeyccg.nhs.uk/>
- Islington CCG, <http://www.islingtonccg.nhs.uk/>

See also North London Partner's website

<http://www.northlondonpartners.org.uk/EvidenceBasedFAQs>

- Arthritis Care: [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)
- [https://www.arthritiscare.org.uk/assets/000/001/312/Surgery\\_FINAL\\_260116\\_for\\_web\\_original.pdf?1455630709](https://www.arthritiscare.org.uk/assets/000/001/312/Surgery_FINAL_260116_for_web_original.pdf?1455630709)