

Getting Started with GLA:D™ Canada

Introduction

What is the GLA:D™ Canada Program?

GLA:D® is a clinical program developed by researchers in Denmark for individuals with symptoms of hip or knee osteoarthritis. Research from the GLA:D® program in Denmark has shown positive outcomes such as a reduction in pain intensity, reduced use of joint related painkillers, and fewer individuals on sick leave. Program participants also reported increased levels of physical activity 12 months after starting the program.

The program consists of 3 parts: 1.) two to three educational sessions, 2.) 12 tailored neuromuscular exercise sessions, and 3.) a database to collect participant outcome measures. This program is unique in that the education and exercises can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants will train their bodies to move properly, reduce their pain and improve their physical activity levels and quality of life.

GLA:D™ Canada is licensed to the Canadian Orthopaedic Foundation through its knowledge translation branch Bone and Joint Canada.

Is GLA:D™ Canada the program for your organization/clinic?

GLA:D™ Canada is an evidence-based program for anyone experiencing symptoms of hip and/or knee osteoarthritis. If you are interested in providing the program, the following checklist will help you decide if it is a good fit for your organization/clinic.

1.) Clientele

Is there a need for this program at your organization/clinic?

Do the people you serve experience symptoms of hip and/or knee osteoarthritis? Do you receive referrals for hip/knee issues or do you have individuals who go on to have a total joint replacement?

Will your clientele be able to access this program?

The program requires attendance for 2-3 education sessions and 12 exercise sessions. GLA:D™ Canada is designed as a group-based program in order to enhance learning, maximize access and minimize costs for participants. The fee for the program is set by the organization/clinic. Participants will be responsible for their transportation to the program.

2.) Philosophy of Care

- Do you, as a clinician, strive to provide services that are evidence-based?
GLA:D™ Canada is based on evidence-based guidelines and the most up to date research in osteoarthritis treatment.
- Do you, as a clinician, have a philosophy of outcome driven care?
The GLA:D™ Canada program includes a national database of participant outcomes for quality monitoring purposes. Annual reports will be generated at a provincial and national level and clinicians providing the program will have access to their participants' anonymized data.

3.) Clinicians

- Physiotherapists and/or Registered Kinesiologists**
GLAD™ Canada training is currently only being offered to physiotherapists and registered kinesiologists who fit the following criteria:
 - Have clinical experience dealing with patients with chronic disease
 - Have experience leading group education and exercise sessions

If you are a non-registered kinesiologist, you will be asked to provide a copy of your CV, current job description, and a letter from your manager to demonstrate your experience in providing exercises and working with this clientele to be considered for the course.

The program is currently being assessed for other health care professionals and individuals working within the wellness sector.

- Multiple trained clinicians for coverage**
Consider having multiple trained clinicians who are able to provide the program. This will allow for coverage if a team member is away and unable to provide the program.

4.) Resources

- Space for participants to engage in educational sessions**
The program consists of two or three group education sessions (75 to 90 minutes each) delivered through visual presentations. We recommend having access to a laptop/computer, projector, screen or blank wall space, and seating for all participants.
- Space for participants to engage in exercise**
The program consists of 12 one-hour group exercise sessions taking place twice a week for six weeks. These sessions include a 10-minute warm up followed by a 4-station circuit with some equipment required (see below for list of equipment). Each station includes two exercises performed in 2-3 sets with 10-15 repetitions. Participants are monitored for alignment and progressions. A maximum of 10 participants per trainer is

recommended for these sessions. A functional walking test, which is completed at the start and end of the program, is a requirement of the program and will require a space of 14m for participants to walk uninterrupted.

□ **Equipment**

Access to the following equipment is required for the program:

- For the warm-up:
 - Stationary bicycle or treadmill (optional)
- For the exercise stations:
 - Exercise balls of varying sizes
 - Mats
 - Step box with variable heights
 - Therabands of varying resistance
 - Furniture sliders or plastic bags (if facility floors are carpeted)
 - Towels
 - Chairs
 - Foam pillow or thick mattress
 - Mirrors
- For the functional tests:
 - Stop watch
 - Pylons
 - Tape measure (or other device to measure floor length)

□ **Computer and internet access – Optional**

Data collection is an important piece to the GLA:D™ Canada program. This data collection is completed by the participants independently, usually within their home. For those participants who do not have internet at home, wherever possible access should be available in order to complete their data reporting (occurs once at the first visit, once at three months, and once after 12 months). Inability to complete the data collection does not preclude the individuals from attending the program.

Benefits of providing GLA:D™ Canada

Commitment to providing a quality program

All clinicians who have been trained to provide GLA:D™ Canada will sign a permission document indicating their agreement to provide the program in the form it was taught and will receive certification to provide the program. GLA:D™ Canada is licensed and cannot be altered, however the program recognizes the importance of using clinical judgement to manage participants with hip and knee OA. GLA:D™ Canada provides flexibility in how clinics implement



the program at their own location. Program rates are set by the individual clinics. Sites that follow the protocols will achieve optimal clinical outcomes.

Commitment to data collection

GLA:D™ Canada is a clinical program with a quality monitoring component. Participants need to be asked to consent to providing outcome measures. The GLA:D™ Canada implementation team will provide the support necessary to enable this process through an ethics submission and you will have access to your data to monitor your outcomes.

Updated information

There is significant research in OA and the program will be updated to reflect this on an ongoing basis ensuring GLA:D™ Canada trainers remain current in their knowledge.

Promotion of the GLA:D™ Canada sites

Your site will be identified through the GLA:D™ Canada website, which will be referenced and promoted through the local, provincial and national work undertaken by the GLA:D™ Canada team.

Signing up for GLA:D™ Canada

Attend a training session

Clinicians interested in providing the GLA:D™ Canada program need to attend a 1.5 day training session hosted by the GLA:D™ Canada core trainers. Training content consists of:

- Osteoarthritis and exercise as treatment
- The GLA:D™ Canada program
- Neuromuscular exercise theory, functional tests and practice

These sessions are highly participatory and discussion-based. Registration for these courses can be found on the GLA:D™ Canada website: www.gladcanada.ca or at the following link: <https://cof.akaraisin.com/common/Store/Store.aspx?seid=12698&mid=27>

Training course includes:

- Training manual
- User profile access to the GLA:D™ Canada website with up-to-date materials and a network of all GLA:D™ Canada trained therapists across Canada
- Certificate and permission to provide GLA:D™ Canada (upon completion)
- Support by the GLA:D™ Canada implementation team post-training



*GLA:D™ Canada
by Bone and Joint Canada
a division of The Canadian Orthopaedic Foundation*