

## 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.) 2-3 group educational sessions, 2.) 12 tailored group 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?

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?

##### 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.) Staff

#### **Clinicians**

GLA:D™ Canada is a clinical treatment program. Eligible staff must complete a 1.5 day training course in order to provide the GLAD™ Canada program. Staff must have the knowledge, skills, ability and scope of practice to independently assess participants, prescribe exercise, progress exercises (including home-based recommendations), modify exercises as appropriate for participants (to fit their individual ability and contraindications as appropriate) and transition functional exercises to physical activity and activities of daily living. Examples include physiotherapists, and chiropractors.

We recognize that other professionals may be eligible to provide the program. We ask that these individuals fit the following criteria:

- Have at least 2 years of clinical experience working with patients with chronic disease, including working with patients with hip and/or knee osteoarthritis.
- Have experience leading group education and exercise sessions

If you are a registered kinesiologist (within the province of Ontario), a non-registered kinesiologist or a CSEP certified exercise physiologists (CEP), you will be asked to provide a copy of their 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.

#### **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 appropriate exercise 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)
  - Chairs

□ **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. Sites are required to obtain an ethics approval and sign a data sharing contract. If your clinic/organization is affiliated with an institution that can complete your ethics submission, the GLA:D™ Canada team will provide all protocol documentation to support this process. If your clinic/organization is not affiliated with an institution that can complete your ethics submission, the GLA:D™ Canada team can do so on your behalf for a fee of \$230. Data sharing contracts will be provided by the GLA:D™ Canada team. You will have access to your data to monitor your outcomes when these processes are complete.

### **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](http://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

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by Bone and Joint Canada  
a division of The Canadian Orthopaedic Foundation*