GLA:D™ Canada is coming to BC!

What is GLA:D™ Canada?

GLA:D® is a combined education/tailored neuromuscular exercise program for individuals experiencing symptoms of osteoarthritis (OA) or individuals diagnosed with OA. Originally developed in Denmark by Dr. Ewa Roos and Søren Thorgaard Skou, GLA:D™ Canada has been licensed to the Canadian Orthopaedic Foundation and will be disseminated across Canada by its knowledge translation division Bone and Joint Canada.

Why use GLA:D™ Canada?

Research in Denmark has shown that GLA:D®:

- improved participants’ pain, physical activity and quality of life at 3 months with the effects sustained through 12 months(1-3).
- Resulted in the decreased use of pain medication from 58% to 45% and from 56% to 37% for hip and knee participants, respectively(3).

These results have led to the implementation of GLA:D® throughout rehabilitation facilities in Denmark with > 9,800 people with hip/knee OA symptoms participating(3).

GLA:D® consists of 3 components:

- 2-3 education sessions
- 12 group sessions of neuromuscular exercise. The exercises are designed to be integrated with daily activities (e.g., walking; taking stairs) while maximizing joint protection.
- A national registry and database of outcome measures for quality monitoring and feedback for therapists and participants
What is happening with GLA:D™ Canada in BC?

Dr Linda Li from UBC Department of Physical Therapy and PT Knowledge Broker Alison Hoens are coordinating the implementation of GLA:D™ Canada in BC.

BC PTs are invited to participate in either or both of the following opportunities for the roll out of GLA:D™ Canada in BC:

1. **GLA:D™ Canada - BC Steering Committee**: a PABC coordinated provincial committee to co-develop the GLA:D™ Canada implementation plan in BC. The committee will develop a plan to ensure both the ongoing quality of delivery of the program and the collection of outcome measures as well as contributing to its evaluation. The committee members will determine the commitment in terms of frequency, duration as well as location/method of meeting.

2. **GLA:D™ Canada - BC PT Trainers**: 16 BC PTs, representing all regions of BC, will attend a train-the-trainer session on February 17/18 2017 at the UBC Department of Physical Therapy in Vancouver. The training will be provided by GLA:D® developers Dr E Roos and S Skou. Applicant selection will be based on:
   - Applicant’s intent to use GLA:D™ Canada in their own clinical practice
   - Applicant’s commitment to train other PTs within his/her region.

If you are interested in either of these opportunities, please go to this link: http://fluidsurveys.com/surveys/bone-and-joint-canada/gla-d-canada-bc/

What is happening with GLA:D™ in Canada?

Bone and Joint Canada (BJC) is working with Ontario, Alberta and BC to implement GLA:D™ Canada. A recent online survey of 408 Canadians with knee/hip OA revealed that 73% would attend programs, such as GLA:D®, if it is available in a local fitness centres.(4)

More information is available at:

http://boneandjointcanada.com/osteoarthritis/health-care-professionals/glad-canada/

www.gladcanada.ca

References