

Overarching principles
Patient-centred framework
Bio-psychosocial perspective
Knowledge of inflammatory arthritis and osteoarthritis
Differentiate localised and generalised pain



Assessment
Patient needs, preferences, priorities
Pain characteristics
Previous and ongoing pain treatments
Inflammation and joint damage
Pain-related (bio-psychosocial) factors that might need attention



Treatment
Personalised pain management plan including one or more treatment options
(shared decision-making)
Step approach: Education → Specific treatment options → Multi-disciplinary treatment

Physical activity and exercise

Aids and assistive devices

Psychological and social interventions

Sleep interventions

Weight management

Pharmacol. & joint-specific management

