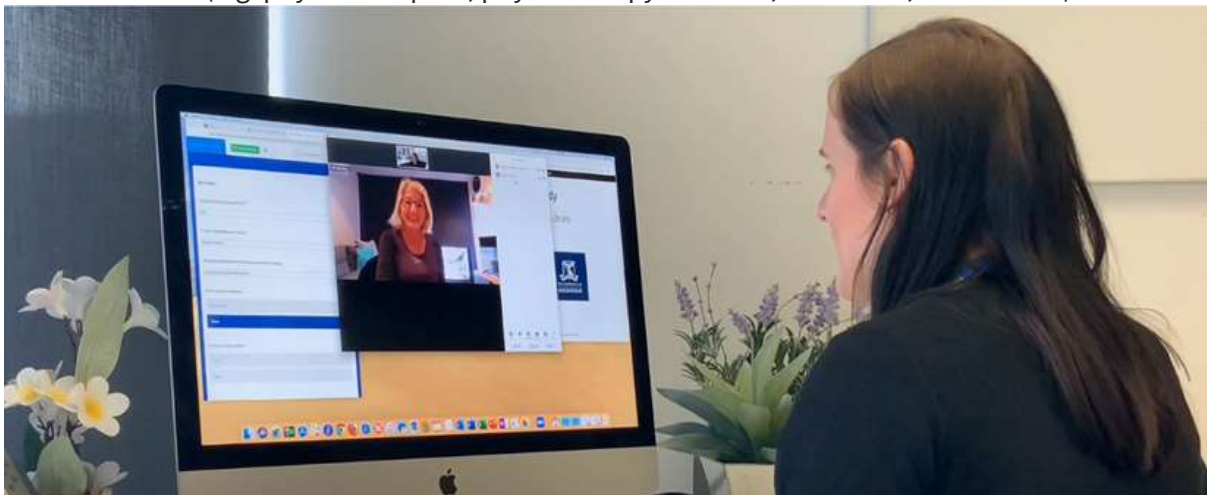


PEAK program- Free on-line training for physiotherapists in telehealth delivery of evidence-based knee osteoarthritis care

In light of the COVID-19 pandemic and the increasing use of telehealth to deliver physiotherapy services in Australia, the Centre for Health, Exercise & Sports Medicine (CHESM) at the University of Melbourne has fast-tracked the release of our PEAK (Physiotherapy Exercise and physical Activity for Knee osteoarthritis) program training modules. The program is available free-of-charge at this time to all users (e.g. physiotherapists, physiotherapy students, educators, researchers).



The PEAK program was devised by physiotherapists (led by Profs Rana Hinman and Kim Bennell) at the University of Melbourne on the basis of research evidence. It guides physiotherapists in how to implement best-practice care to people with knee osteoarthritis, delivered over 5 one-to-one consultations, via video-conferencing (using the Zoom platform) or during face-to-face 'in-person consultations. The PEAK program focuses on patient empowerment through education, prescription of a strengthening exercise program and a physical activity plan, individualised to patient needs, and using minimal exercise equipment (e.g. elastic resistance bands and/or body weight) to enable patients to perform exercise independently at home.

The PEAK program training modules cover evidence-based management of knee osteoarthritis and telehealth delivery via video-conferencing (with Zoom), and provide a semi-structured outline for physiotherapists to deliver education, strengthening exercises, and a physical activity plan across 5 one-to-one consultations. Many of the principles and concepts are applicable to other common musculoskeletal conditions, and to other telehealth video-conferencing platforms. Importantly, a suite of useful patient resources (including a Zoom consultation preparation booklet, an exercise booklet, an osteoarthritis information booklet, a knee plan and log book) are provided digitally, so that physiotherapists may print/download them or use with their patients in a clinical setting. The PEAK program also provides physiotherapists and patients with access to a website of PEAK exercise videos.

<http://go.unimelb.edu.au/f39r>

IFOMPT Forum

Please remember that the Forum created to share CCOVIFD-19 experiences is still up and running. Please feel free to participate and share with the rest of the family what you are experiencing.

Physiopedia Initiatives

- We released a free online course relating to COVID for physiotherapists on 16 March, to date just over 10,000 people have taken the course!!! You can see it here <https://members.physio-pedia.com/2020/03/15/coronavirus-disease-programme/>
- We have also been sharing COVID related videos on a specially created playlist here https://www.youtube.com/playlist?list=PL5V-O0JEhfoINIJA1xV4TzgZVBMwUcF_j .
- New features coming to Physioplus over the next few months include exercise software, telehealth service and administration dashboard for clinic partners.