

8:20 am - 8:45 am

The Health Reforms and Opportunities to Deliver Better Care

Andrew Connolly, Acting Chief Medical Officer, Te Whatu Ora Counties



Andrew Connolly is a General & colorectal surgeon and is currently the Acting Chief Medical Officer for Te Whatu Ora Counties. He has a long history of roles in system improvement, regulation, and clinical governance having chaired the Medical Council for 5 years and recently chaired the Planned Care Taskforce to address waiting times. He spent 2021 seconded to the Ministry as Chief Medical Officer and has previously held roles to aid and improve struggling services in several DHBs. Outside Medicine he is a passionate football fan, grandfather and collector of written military history.

8:45 am - 9:15 am

Multimorbidity and Osteoarthritis: Key Challenges and Potential Solutions

Prof Søren Thorgaard Skou, Research Unit for Musculoskeletal Function and Physiotherapy, University of Southern Denmark and Head of Research, PROgrez, Department of Physiotherapy and Occupational Therapy, Næstved-Slagelse-Ringsted Hospitals

The presentation will focus on multimorbidity, including the burden for the individual and society and available guidelines and treatment options, linking it with osteoarthritis and highlighting the potential of exercise as treatment.



Søren T. Skou (PT, MSc, PhD) is professor of exercise and human health at the University of Southern Denmark and head of the multiprofessional research unit PROgrez at Slagelse Hospital, Denmark. His main research focus is on exercise as prevention and treatment of osteoarthritis and other long-term conditions as well as multimorbidity and he has been the principal investigator of several high-quality randomized controlled trials in the field. Furthermore, he is co-lead of the implementation of the highly successful treatment program Good Life With osteoArthritis in Denmark (GLA:D) for patients with knee and hip osteoarthritis.

9:15 am - 9:40 am

Digital strategies to improve equity of access to services and outcomes of osteoarthritis in Aotearoa New Zealand

Becky George, Clinical Director | Ringatohu haumanu, Data and Digital – Hira, Kaituku haumanu ngangahau, Te Whatu Ora – Health New Zealand

Optimising digital strategies for the benefit of our clinical services is critical to enhancing and delivering equitable outcomes for our consumers. I will share with you how Hira, as an ecosystem of connected information, will enable our practitioners and health workforce to provide timely decisions and intervention, based on accurate and trusted information. The Hira name is a te reo Māori word which means to have a significant bearing on future events, and we are working in partnership across our communities to ensure that Hira is fit for purpose, clinically safe and realises the benefits it has the potential for.



Becky George is passionate about advocating for the safe and effective delivery of health care services, across the health and disability system, integrated with digital health and innovative technology. As Clinical Director with Data and Digital, Te Whatu Ora, she applies her experience in clinical informatics and digital health to provide digital clinical governance and strategic leadership for the Hira Programme. Becky is an Occupational Therapist, Doctoral student, Fellow of HiNZ, Associate Fellow of the Australasian Institute of Digital Health, Board member for HiNZ and was elected chair of the Health Informatics New Zealand Board for 2019 - 2021. She is driven by the belief in effective leadership, robust governance, and collaborative partnership across our services and communities to achieve sustainable change for consumers. Becky has provided leadership to the co-design, implementation and change management of digital solutions across primary and secondary services. She co-authored the Allied Health National Data Set Standard (2018), and the 2020 position statements for Allied Health Leading Data and Digital Driven Services and Clinical Informatics Leadership. Becky was awarded the inaugural Clinical Informatics Leadership Award 2019, recognising the achievements of a clinician working in Digital health in New Zealand. She continues to champion effective change within our health and disability system for the benefit of our whānau and workforce.

9:40 am - 10:00 am

My Journey with OA

Timi Tapara, Pou Mua, Founder and Clinical Director, TŪ TONU

South Australian born and raised Māori that was destined for higher sporting honours moved interstate to chase his dreams. Unfortunately after being medically suggested to 'retire' from high performance Rugby after 4 knee surgeries and early OA by the age of 21, he was forced into a dark cycle of insecurity and crisis identity, resulting in a re-location to Aotearoa for 2 years in 2015. Timi looks forward to sharing his unique story with you and how it has become the foundation to a community he founded in 2018. TŪ TONU aims to address lifestyle problems with a multi-factorial approach that extends far beyond physical, including spiritual, emotional and cultural perspectives.



Timi Tapara is Ngāti Maniapoto uri born and raised in South Australia. In 2007, he moved to Canberra to accept a position within the Brumbies Rugby Academy programme with the hope of playing Rugby professionally. However, through recurrent serious injury and four successive operations, he was forced into medical retirement by 21. Having had his world flipped through serious injury and having to navigate the immense toll, not only physically but also emotionally, mentally and spiritually, Timi developed a deep motivation to learn more about hauora and rehabilitation to prevent further break-down of his own well-being, and that of others on their healing journey.

During his six years at the University of Canberra and having specialised in Musculoskeletal Physiotherapy, Timi was afforded numerous experiences and opportunities in areas relating to Anatomy & Physiology, Biochemistry of Exercise and Biomechanics. Timi worked closely with Australian Institute of Sport (AIS) athletes and travelling athletes based out of Europe, however in 2015 felt the call to return home to Aotearoa to fully connect with and deepen my understanding of my whakapapa and tuakiritanga.

Following three years of immersion learning at Te Wānanga o Aotearoa, and reconnecting with his whānau, hapū and marae in Te Nehenehenui, Timi challenged himself to centralise whakaaro & mātāpono Māori within clinical practice, disrupt mainstream health models and proactively contribute to creating equitable health outcomes and rehabilitation pathways for Māori. This inner conviction prompted the creation of TŪ TONU. To that end, TŪ TONU was established in 2018 and has become a community of practice where a multi-disciplinary team of indigenous clinicians, trainers and Rongoā Māori practitioners work collaboratively to offer holistic services to support the healing and well-being of whānau and communities.

10:00 am - 10:20 am

Allied health's value and role in managing OA in the context of the reformed Health System

Dr Martin Chadwick, Te Āpiha Hauora Haumi | Chief Allied Health Professions Officer, Ngā Āpiha Hauora | Chief Clinical Officers, Manatū Hauora, Ministry of Health

As the health system collectively begins to understand the impact of the Pae Ora Bill, it is opportune to examine the system changes and the opportunities for Allied Health to be more visible in planning for service delivery, especially with regards to osteoarthritis. The intent of this discussion is to outline these opportunities, and to also highlight the process our office is putting in place to better capture and in turn feed in the potential of the Allied Health professions to forward planning for health services.



Dr Martin Chadwick is the Chief Allied Health Professions Officer within the Ministry of Health, working in partnership with the Chief Medical Officer and Chief Nursing Office in providing transdisciplinary clinical leadership and advice. The role works at a systems level as well as providing support to clinicians, programmes and projects across the Ministry. He is aligning a work programme around what he describes as the five challenges facing allied health. This includes the challenges of demonstrating the value add of the allied health professions to population health outcomes; and working towards the concept of transdisciplinary working in the provision of healthcare services. Martin was the 2019-20 New Zealand Harkness Fellow in Health Care Policy and Practice. He has completed his doctoral degree in 2019

examining health workforce change. He is passionate about the untapped potential that allied health professions can bring in improving the quality of care provided to our populations, and in turn better meeting equitable population health needs.

10:40 am - 11:10 am

The Consumer Voice: Bringing the osteoarthritis consumer into the Osteoarthritis Aotearoa New Zealand kaupapa and community of interest through video and shared testimony

Dr Richard Griffiths, Research Manager, Arthritis NZ Matepona Aotearoa

Aotearoa New Zealand does not currently have a National Osteoarthritis Strategy which can be used as a guiding document by the health system to better manage osteoarthritis (OA) and better support consumers in the future. Dr Griffiths' keynote address will discuss how consumers with OA have engaged with the research community to date and changes that are happening in the OA consumer space. Drawing on video and shared testimony, he will also cover how consumers with OA would like to actively engage with Osteoarthritis Aotearoa New Zealand in the future and participate in the preparation of the National Osteoarthritis Strategy.



Dr Richard Griffiths is the Research Manager at Arthritis NZ and coordinates our research funding programme, building our evidence base and networking with the arthritis research community. Richard has worked in market research, consultancy, the academic sector and not-for-profit arena. He has conducted health and wellbeing projects relating to undiagnosed HIV infection, disability and transport accessibility, COVID-19, patient experience, and sports injuries.

11:10 am - 11:30 am

Challenges and opportunities in managing weight in people with OA

Dane Baker, Dietitian Axis Sports Medicine

Obesity is the number one modifiable risk factor for Osteoarthritis. However achieving sustained, long term weight loss is challenging. Dane will talk through the strategies he uses in a private practise setting at Axis Sports Medicine, where he is part of an Osteoarthritis multi-disciplinary clinic.

He will highlight the physiological compensation challenges that occur with weight loss and how he delivers plans to overcome these with regards to optimising protein intakes, controlling appetite and coaching patients in total energy control to help achieve sustainable weight loss, specific to their daily lives.



Dane Baker is a Performance Dietitian, who has worked extensively with New Zealand's elite athletes and teams. He's also a part of WHISPA, a specialist group dedicated to optimising female health and performance. In addition to sport Dane specialises in working with patients suffering from osteoarthritis, where he is a key part in the Axis Sports Medicine multi-disciplinary clinic for Osteoarthritis.

11:30 am - 11:50 am

Connecting Public and Private Physiotherapy Healthcare Delivery for OA

Catherine Willis, Clinical Lead Physiotherapist – Community Orthopaedic Triage Service (COTS)

Hauora a Toi Bay of Plenty, Te Whatu Ora – Health New Zealand

Non presenting: **Annalees Jones**, Body in Motion

Bay of Plenty Orthopaedic services data from 2019 revealed only 25% of patients were listed with certainty for surgical intervention as a direct outcome of first specialist assessment. Access to non-surgical programmes of care had already improved following the Mobility in Action programme (MAP). MAP provided access to community-based education and exercise programmes with the aim of improving self-management for people with musculoskeletal health conditions.

Body in Motion Physiotherapy, an existing provider of MAP, and Bay of Plenty Allied Health & Orthopaedic services have worked in partnership, for the last 2 years to develop, design and deliver a Bay wide programme of care called Activity with Arthritis (AWA), to enable patients with hip and

knee osteoarthritis to better manage their musculoskeletal health. The presentation will explore partnership working, service design and delivery, outcomes and the patient's experience.



Catherine Willis is the Clinical Lead Physiotherapist for the Community Orthopaedic Triage service in Bay of Plenty. An experienced Musculoskeletal & Orthopaedic clinician with a career spanning public and private healthcare sectors in both New Zealand and UK, in a variety of clinical roles. Catherine completed a MSc in Advanced Practice in 2016 and latterly worked as an Extended Scope Physiotherapist prior to relocating to New Zealand in 2018.



Annalees Jones leads teams providing rehabilitation services at Body in Motion encompassing community, social, vocational, pain management and psychological services. Annalees is a physiotherapist of 20+ years experience in Aotearoa New Zealand and abroad. Body In Motion aims to reduce the burden of chronic pain conditions, like Osteoarthritis, in our community. Observing the improvements in the lives of those with Osteoarthritis in the Activity With Arthritis (AWA) programme is a highlight of this role.

12:20 pm - 12:30 pm

Priorities for Health Delivery Innovation for People with Osteoarthritis in Aotearoa New Zealand

Samantha Norman, Physiotherapy Department, AUT

Osteoarthritis is a chronic disease that affects the health and wellbeing of one in 10 people in Aotearoa New Zealand, yet current health is fragmented, un-coordinated, and inconsistent. How current and future needs should be addressed has not been systematically explored. This study aimed to describe the views of interested people from the health sector regarding current and future OA health service delivery in the public health system. Data was collected via a collaborative co-design approach within an interprofessional workshop at the Taupuni Hao Huatau Kaikōiwi Osteoarthritis Aotearoa New Zealand Basecamp symposium and analysed using direct qualitative content analysis.



Samantha Norman is a Registered Physiotherapist. Sam has a clinical and research interest in post traumatic osteoarthritis. Living with this condition herself she is very passionate about it and is working towards completing her Masters on this topic. She is currently teaching on the Physiotherapy course at AUT and is the proud Mum of two young girls.

1:00 pm - 1:20 pm

Launching the Arthritis NZ NZIER Osteoarthritis ‘Clear Cut Case’ Report: Evidence to move the conversation forward on the case for investment in non-surgical, guideline-informed models of care for OA of the hip and/or knee

Philip Kearney, Chief Executive, Arthritis NZ Mateponapona Aotearoa

Arthritis NZ commissioned the New Zealand Institute of Economic Research (NZIER) to identify the most robust evidence to review the case for investment in non-surgical, guideline-informed models of care for OA of the hip and/or knee. The evidence presents some very clear signals about cost-effective models for OA care with strong potential to help the national health system achieve its goals at a time of significant change. While Philip’s presentation provides some key insights from the report, he will also propose how the NZIER findings may be used strategically to highlight how alternative models of care for OA could generate health system savings.



Philip Kearney hails from the UK but considers New Zealand home, having emigrated here when he was a boy. Before Arthritis NZ, he has been the Director of Development and Alumni Relations at the University of Otago, General Manager Education at the Charities Commission and Chief Executive at Sport Whanganui. He holds a Bachelor of Commerce and a Master of Business Administration.

1:20 pm - 1:40 pm

The GPs role in OA management

Dr Ben Hudson, Head of Department, Department of Primary Care and Clinical Simulation Te Tari Hauora Tūmatanui me te Whakataruna Rongōā, University of Otago Christchurch

OA is common, causes significant personal suffering, and is a major public health burden. A number of cost-effective, low risk interventions offer the potential to significantly improve quality of life for patients with OA. Most people in Aotearoa are enrolled with a general practice and the demographic at greatest risk of OA has regular contact with their general practitioner (GP), so we should be well positioned to engage these patients with the care they need. But we struggle to do this. In this presentation I will review the current GP approach to OA care and consider how this could be improved.



Dr Ben Hudson is an academic GP. He has a practice in Lyttelton and is head of the Department of Primary Care and Clinical Simulation (Te Tari Hauora Tūmatanui me te Whakataruna Rongōā), University of Otago Christchurch. He has a number of leadership roles at Pegasus Health and with other regional and national organisations.

1:40 pm - 2:00 pm

Considering Te Tiriti o Waitangi when designing services for OA in Aotearoa New Zealand.

Bobbie-Jo Wilson, Associate Head of Research and Programme Lead (cultural responsiveness),
Physiotherapy, School of Clinical Sciences, AUT

2:00 pm - 2:30 pm

Building capacity in health systems to deliver high value osteoarthritis care

Prof. Andrew Briggs, Curtin School of Allied Health, Curtin University, Australia

This presentation will provide a systems perspective on opportunities and priorities to strengthen health systems to address the rising disability burden attributed to musculoskeletal health impairments, including osteoarthritis. A review of the health systems building blocks, considerations of the global context for musculoskeletal health, and opportunities to build capacity for delivery of high-value OA care in New Zealand will be considered, drawing on existing innovations and opportunities in New Zealand.



Professor Andrew Briggs combines a career of research and 'on the ground' activity in health policy and systems, and clinical practice. This unique portfolio equips him with skills and real-world insights into health systems strengthening from the clinical coalface through to system-level reform. His work focuses on health equitable systems strengthening for people with musculoskeletal health conditions and persistent pain across the lifecourse.

2:30 pm -2:40 pm

Introducing Te Anga Kaikōiwi o Aotearoa New Zealand Osteoarthritis Research Network

Haxby Abbott, Director of Osteoarthritis Aotearoa New Zealand Research Network, and the Centre for Musculoskeletal Outcomes Research based in the University of Otago Medical School

Te Anga Kaikōiwi o Aotearoa New Zealand Osteoarthritis Research Network is a national, interdisciplinary network of researchers across Aotearoa. This initiative has secured initial funding support from the University of Otago.

This national OA Research Network aims to:

1. Progress research excellence across the spectrum of research contributing to new knowledge relevant to osteoarthritis.
2. Extend research strength in Aotearoa New Zealand by advancing OA research and facilitating national and international collaboration.
3. Build capability and capacity in OA research by supporting research training and early- and mid-career development of the OA research workforce.



Professor Haxby Abbott is Director of both the Osteoarthritis Aotearoa New Zealand Research Network, and the Centre for Musculoskeletal Outcomes Research based in the University of Otago Medical School. His Management of Osteoarthritis (MOA Maimoatanga Kaikōiwi) research programme conducts clinical trials, outcomes research, cost-effectiveness modelling, and implementation and evaluation of new health delivery models.

3:10 pm - 3:40 pm

Lifespan approach to preventing osteoarthritis

Dr. Jackie Whittaker, Department of Physical Therapy | Faculty of Medicine, The University of British Columbia

Prevention is an attractive solution for the increasingly unmanageable burden of osteoarthritis. Despite this, the field of osteoarthritis prevention is relatively immature. Most of what is known about preventing osteoarthritis is about the disease (underlying biology and pathophysiology) of osteoarthritis, with few studies considering risk factors for osteoarthritis illness, the force driving the personal, and societal burden. This presentation will discuss what is known about osteoarthritis prevention, and give insight into what might be possible in terms of prevention, by focussing on a lifespan approach to the illness of osteoarthritis, as opposed to a structural disease of the elderly.



Dr. Jackie Whittaker is an Associate Professor in the Department of Physical Therapy, at the University of British Columbia, and Research Scientist at Arthritis Research Canada. She holds a Michael Smith Foundation for Health Research Scholar Award and Arthritis Society's Career Development Award. Her research takes a lifespan approach to preventing osteoarthritis and is done in conjunction with patients, health professionals and other stakeholders to make it relevant to real-world settings.

3:40 pm - 4:00 pm

Arthritis Training, Learning and up-Skilling for health professionals (ATLAS): development of an eLearning programme

Dr Jillian Eyles, Kolling Institute of Medical Research, Sydney Musculoskeletal Health, The University of Sydney and **Dr. Sarah Kobayashi**, School of Allied Health, Faculty of Health Sciences, Australian Catholic University

Best evidence osteoarthritis (OA) management and care is well established and widely reported in clinical practice guidelines. Yet, 60% of people with OA do not receive evidence-based care. Health professionals' lack of confidence, skills, and knowledge in managing OA is a well-reported barrier in providing evidence-based care. As such, the development of high-quality educational materials to better support health professionals is a key priority. The Arthritis Training, Learning and up-Skilling for health professionals (ATLAS) project aims to develop an interdisciplinary online education and training to support healthcare professionals in the delivery of evidence-based OA care.



Dr Jillian Eyles is an early career researcher and physiotherapist who leads a program to support the translation of best-evidence osteoarthritis care into practice. She is a Sydney Health Partners Research Translation Fellow at the Kolling, Sydney Musculoskeletal Health, University of Sydney. Awarded her PhD in 2019, she has 55 publications and has been awarded >\$3million funding for her projects.



Dr Sarah Kobayashi is an early career research at the University of Sydney and a lecturer in Anatomy at the Australian Catholic University. Her research focuses on implementing and translating best-evidenced osteoarthritis care.

4:00 pm - 4:20 pm

NZ lifetime risk of TKA and the use of the NZJR data/projections

Simon Young, Orthopaedic Surgeon, Associate Professor, University of Auckland, Department of Orthopaedic Surgery, North Shore Hospital

The New Zealand Joint Registry was established in 1999 and captures >95% of joint replacement procedures in New Zealand. The overall lifetime risk of TKR in New Zealand increased markedly from 2000 to 2015, with females having an overall greater lifetime risk increasing from 9.4% in 2000 to 16.8% in 2015, a relative increase of 78%. However, males showed the greatest increase in risk from 8.1% in 2000 to 16.0% in 2015, a relative increase of 97%. Current lifetime risk of knee replacement in New Zealand is approximately one in six for males and females. This lifetime risk has increased significantly from 2000 to 2015, and NZJR data can be used to guide public health policy planning.



Simon Young is a specialist knee surgeon from Auckland, New Zealand. He is Director of Orthopaedic Research at North Shore Hospital, an Associate Professor at Auckland University. He underwent fellowship training at Stanford University and at the Mayo Clinic Arizona. His research on knee replacement is recognised worldwide, and includes more than 100 peer-reviewed publications and multiple international awards.