

## **PS2.217**

### **Managing my patellofemoral pain' - the creation of an education leaflet for patients**

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**Background and Aim:** Patellofemoral pain (PFP) is a heterogeneous and often persistent knee condition. More than one third of patients with PFP still report symptoms despite receiving evidence-based treatments that are initially effective. Appropriate patient education is an essential component of effective management of patellofemoral pain. However, there are currently no published educational resources for clinicians and researchers treating individuals with PFP to help translate current evidence into clinical practice. The purpose of this study was to develop a brief yet comprehensive evidence based education leaflet to be used as an adjunct in the management of PFP through consultation with both experts (clinical academics) and individuals with PFP.

**Method:** The study design was qualitative and included consultation with international experts and patients. A preliminary education leaflet titled 'Managing My Patellofemoral Pain' was created using information from the 'Best Practice Guide to Conservative Management of Patellofemoral Pain' and educational content used in published research. Feedback was sought from 21 experts (clinical academics) for accuracy, adequacy, and clarity of the information in the leaflet using a semi-structured questionnaire, and a number of suggested modification made as a result. Further feedback was sought from 20 patients diagnosed with PFP regarding the clarity and adequacy of information contained in the leaflet, and to determine additional educational resource needs.

**Results:** The leaflet created is titled "Managing My Patellofemoral Pain" and the main topics of the leaflet are "What might cause my knee pain?" and "Treatment options" which is divided into exercise and additional treatments. Patient feedback was positive, and included a number of considerations for further education resource development.

**Conclusions:** The 'Managing My Patellofemoral Pain' education leaflet may provide a valuable resource for patients, clinicians and researchers to assist the provision of education and translation of the current evidence.