

Shifting willingness for joint replacement surgery in people with hip & knee osteoarthritis could lead to a reduction in the number of surgeries in the future



WHAT WE DID

Cohort study using data from **55,059 people** from Sweden who underwent a 3-month education and exercise intervention for knee and/or hip osteoarthritis.



Participants self-reported their **willingness to have joint replacement surgery** before and after the intervention.

WHAT WE FOUND

Compared to participants who were still willing for surgery at the end of the intervention, those who **became unwilling for surgery**...



- had a **20% lower probability of having surgery** by 5-years after the intervention (95% confidence interval 18-22%)
- had a **15% lower probability of having surgery** by 9-years after the intervention (95% confidence interval 13-18%)

This corresponded to a **delay of 1.8 years** in the occurrence of surgery over a 9-year period (95% confidence interval 1.6-1.9 years).

SUMMARY

Shifting willingness for joint replacement surgery **can result in a reduction in the number of joint replacement surgeries over a 9 year period.**

Interventions that can shift willingness for surgery may result in relevant delays and reductions in future joint replacements.

