



Patient and dietitian experiences with a dietary weight loss program for knee osteoarthritis

Aim: to explore patient and dietitian experiences with a multi-component dietary weight loss program for knee osteoarthritis to understand enablers and challenges to success

Patients undertook, and dietitians supervised, a weight management program over **6-months** which involved:



A ketogenic very low calorie diet using meal replacements



Educational resources (booklets, plastic portion plate, study website)



6 video consultations with dietitian



A physiotherapist-prescribed exercise and physical activity program



24 patients and **5** dietitians were interviewed about their experiences

Patients and dietitians identified a number of enablers and challenges to success...



1. Ease and convenience of program facilitated adherence

- Structure and simplicity of meal replacements
- Not feeling hungry on diet
- Convenience of consulting via video



2. Social and professional support crucial for success

- Encouragement from partner, family, and friends
- Guidance from, and accountability to, dietitian
- Anxiety around going at it alone



3. Program was engaging and motivating

- Determination to stick to program
- Rapid weight loss helped motivation



4. Holistic nature of program was important

- Suite of high-quality educational resources
- Exercise important to compliment weight loss



5. Rewarding experience and lifelong impact

- Improved knee pain and function
- Positive lifestyle change

Findings suggest this dietary program is an acceptable weight loss method in people with knee osteoarthritis and may benefit symptoms. Support from dietitians and a comprehensive suite of educational resources, incorporated with an exercise program, were considered crucial for success.