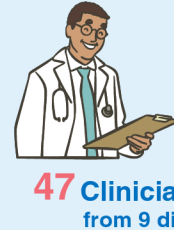


# Reducing the burden of osteoarthritis in Australia:

a 2024-2025 research priority-setting study



## 288 PANEL EXPERTS



### STUDY DESIGN

2 online surveys & an in-person Summit

#### Survey 1 (n=288)

38 research priorities taken from existing guidelines and literature

Panel experts provided additional research priorities they felt were important

#### LIST OF 90 RESEARCH PRIORITIES

#### Survey 2 (n=204)

Panel experts **rated** these research priorities on how much of a priority each is

#### RANKED LISTS OF RESEARCH PRIORITIES:



OVERALL



FOR  
RESEARCHERS



FOR  
CLINICIANS



FOR  
PEOPLE WITH OA

#### Summit

One day in-person Australian OA Summit in Melbourne  
14<sup>th</sup> March 2025  
90 attendees:  
• 7 consumers  
• 20 clinicians  
• 2 government reps  
• 9 industry reps  
• 52 researchers

### TOP RESEARCH PRIORITIES

#### Overall rankings



1

Developing medications for osteoarthritis that not only relieve symptoms but also target the underlying disease process (disease modifying drugs) to prevent it from getting worse

2

Investigating strategies to prevent the structural progression of osteoarthritis once established

3

Investigating how to reverse osteoarthritis once established via regeneration or healing of damaged cartilage

#### TOP PRIORITIES FOR:

##### Researchers

- 1.Preventing progression of OA changes
- 2.Determining best candidates for joint replacement surgery



##### People living with OA

- 1.Disease modifying drugs
- 2.Reversing OA/healing of cartilage



##### Clinicians

- 1.Maximising patient adherence
- 2.Determining best candidates for joint replacement surgery



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## TOP 10 RANKED RESEARCH TOPICS - OVERALL



This is the mean score given by participants on how important each research topic is. The higher the score, the more important.

This includes ratings by people with OA, their carers/supporters, researchers, clinicians and representatives of industry/funders

| Rank | Research Topic                                                                                                                                                                                                              | Mean rating |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 1    | Developing medications for osteoarthritis that not only relieve symptoms but also target the underlying disease process (disease modifying drugs) to prevent it from getting worse                                          | 8.9         |
| 2    | Investigating strategies to prevent the structural progression of osteoarthritis once established                                                                                                                           | 8.7         |
| 3    | Investigating how to reverse osteoarthritis once established via regeneration or healing of damaged cartilage                                                                                                               | 8.7         |
| 4    | Determining which people with osteoarthritis would most benefit from joint replacement surgery, and what criteria should be met before recommending surgery                                                                 | 8.7         |
| 5    | Determining the most effective treatments for people with late-stage osteoarthritis to prevent or delay joint replacement surgery                                                                                           | 8.7         |
| 6    | Finding more effective and safe pain medications for osteoarthritis                                                                                                                                                         | 8.6         |
| 7    | Understanding what causes osteoarthritis                                                                                                                                                                                    | 8.6         |
| 8    | Figuring out which treatments for osteoarthritis work best by comparing their effectiveness                                                                                                                                 | 8.5         |
| 9    | Investigating ways to encourage health care providers to use treatments based on the best evidence, increase the use of non-surgical treatment options by patients and reduce unnecessary referrals to orthopaedic surgeons | 8.5         |
| 10   | Investigating ways to optimise outcomes from joint replacement surgery                                                                                                                                                      | 8.5         |

higher  
importance

lower  
importance