



## Annual Report 2022

Good Life with osteoArthritis in Denmark (GLA:D®)



**Layout**

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The report can be downloaded from <https://glad-deutschland.de>

Translation to English: Andreas Glaubitz & Christian Kopkow

## GLA:D® Germany Annual Report 2022



2022 was a successful year for GLA:D® Germany and ended with the announcement, that GLA:D® finally will be available for persons with knee/hip osteoarthritis in Germany. In this report you can read about the status of GLA:D® Germany as well as research activities and international collaboration.

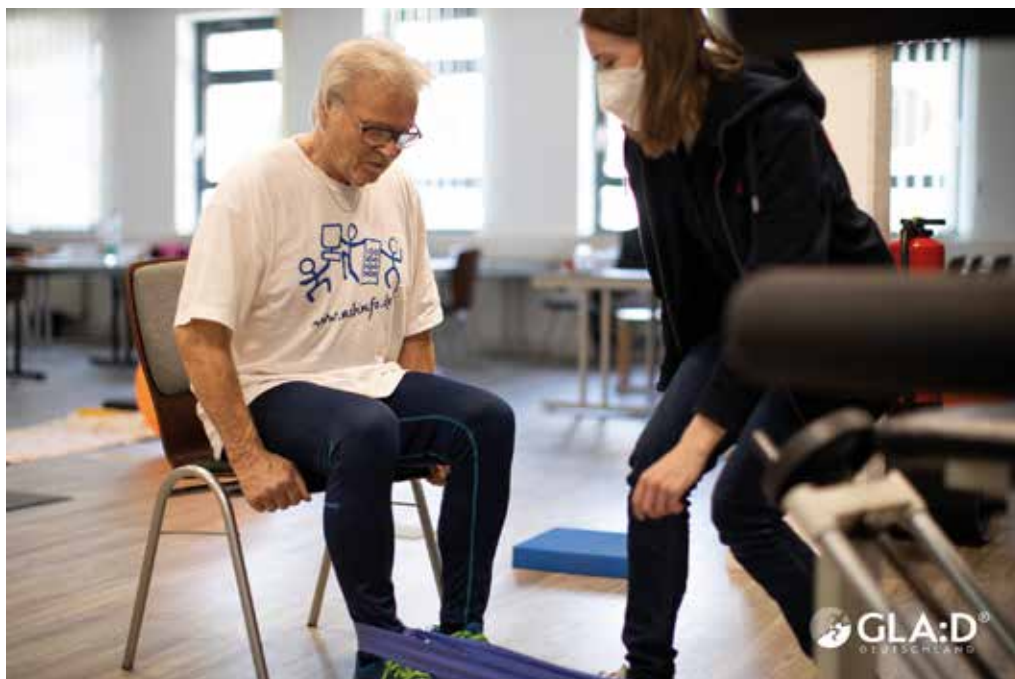
GLA:D® represents evidence-based treatment programs for persons with knee/hip osteoarthritis. Key elements in GLA:D® are patient education and supervised exercise to increase self-management. The elements of GLA:D® are constantly in development and based on newest research and national as well as international clinical guidelines.

GLA:D® has been developed at the University of Southern Denmark (SDU) in collaboration with well-known researchers, patients and clinicians. GLA:D® is implemented in a range of other countries e.g. Canada, Australia, China, Switzerland, New Zealand, Austria, Germany and Ireland. All partner countries are part of the GLA:D® International Network (GIN), collaborating on research and development of GLA:D®.

Enjoy reading the report!



## What is GLA:D®?



GLA:D® is targeting people with knee/hip osteoarthritis.

### GLA:D® consists of:

1. An initial consultation (three sessions) with physical examination, functional tests, assessment of level of exercises and registration in the national database.
2. Two sessions of patient education focusing on knowledge of knee/hip osteoarthritis or back problems, risk factors, causes of pain, purpose of exercises, recommendations and management of pain.
3. Individually tailored supervised group training twice a week for 6-8 weeks.
4. A final consultation with evaluation, functional tests and focus on topics such as continuing training.

### Access to GLA:D®

Patients with knee/hip osteoarthritis can access GLA:D® via

- referral from a general practitioner,
- referral from a specialist,
- own inquiry,
- referral via health insurance company

### Aim of GLA:D®

GLA:D® aims to support implementation of recommendations from national and international clinical guidelines.

The overall objective of GLA:D® for knee/hip osteoarthritis is that

- all patients with osteoarthritis have equal access to evidence-based treatment irrespective of place of residence or financial situation,
- surgery should only be considered when nonoperative treatment does not give satisfactory results.

## Distribution of GLA:D®

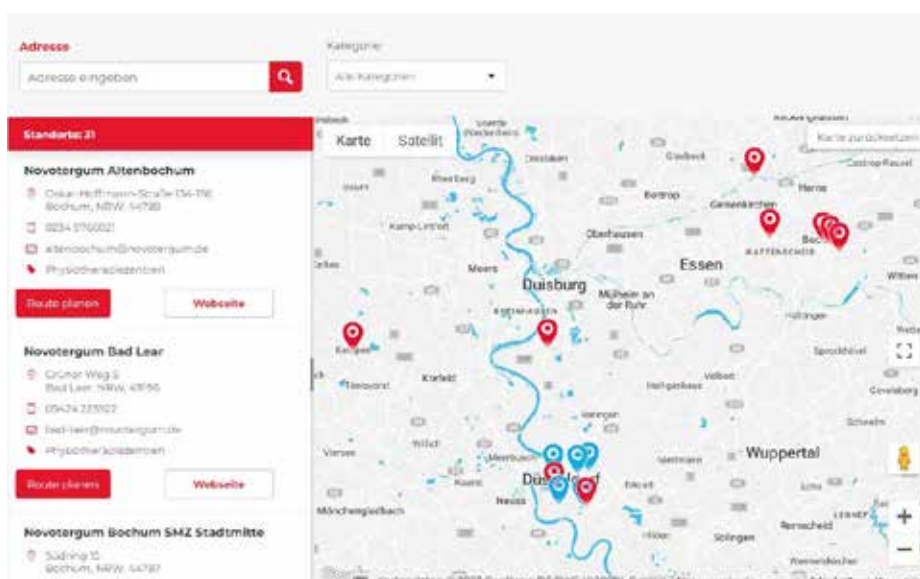
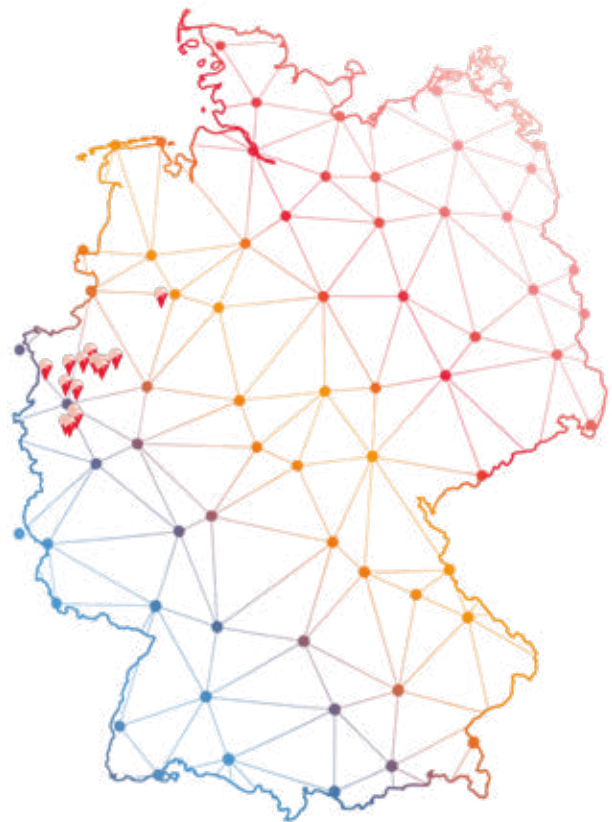
13 clinicians were trained as GLA:D® Germany instructors to deliver GLA:D® at a 2-day course held by SDU, and only certified clinicians can offer GLA:D®. This ensures that the content of the patient education and exercise therapy is standardized across all GLA:D® providers.

In 2022, GLA:D® Germany held three GLA:D® knee/hip osteoarthritis courses for a total of 22 clinicians. Initially, GLA:D® will mainly be offered by physiotherapists. In the long term, the possibility of offering GLA:D® for other professional groups should also be opened up. The availability is largely determined by the contract negotiations with the health insurance companies and weighed individually in case of doubt.

14 GLA:D® units would have been able to offer GLA:D® for knee/hip osteoarthritis. However, the first patients with knee/hip osteoarthritis will participate in 2023 in the program.

In contrast to GLA:D® in other nations, it is necessary due to the contracts with the health insurance companies that doctors (general practitioners and specialists) are included in the GLA:D® Germany network, who are responsible for the allocation of patients to the GLA:D® program.

By the end of 2022, GLA:D® Germany was able to recruit 11 doctors to participate in the GLA:D® program and will continue to expand the network of participating doctors. Patients can find the nearest GLA:D® network partner in their area using the network search at [www.glad-deutschland.de](http://www.glad-deutschland.de)



## Who participates in GLA:D®?

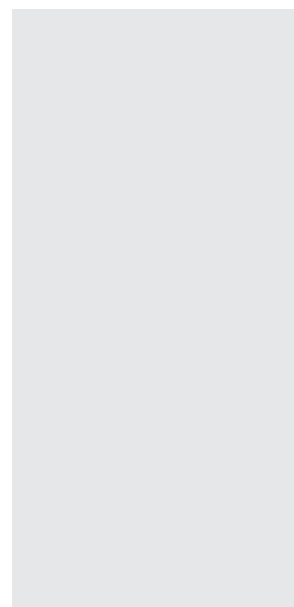
In March and April 2022, a first pilot group of patients treated with GLA:D® started to gain initial experience in dealing with GLA:D®.

The group was led by two of the trained instructors and consisted of four participants with knee and hip osteoarthritis.

The aim was to gain initial patient experience in the implementation of GLA:D®, to receive patient feedback on the translated and adapted documents, to check general processes and procedures and to get a first feeling for patient acceptance of the integration of digital elements in a treatment program.



2022 ended with the announcement, that the BARMER health insurance company will be the first health insurance company in Germany to make GLA:D® available for persons with knee/hip osteoarthritis with full cost coverage. BARMER is the second biggest health insurance company with more than 8.7 million insurance people nationwide and over 2.4 million insurance people within the pilot area of North Rhine-Westphalia. Thus being said, until the end of 2022 no persons with knee/hip osteoarthritis participated in the GLA:D® program in Germany. For 2023 we expect the first and many more persons with knee/hip osteoarthritis to participate in GLA:D® Germany.





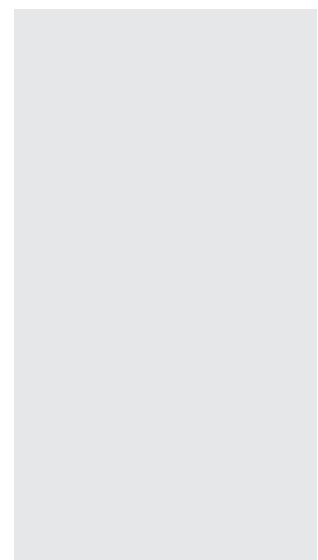
## Neue Forschung zu GLA:D®



Since until the end of 2022 no persons with knee/hip osteoarthritis participated in the GLA:D® program in Germany, no research has been conducted so far. However, the process of implementation of GLA:D® in Germany and of course the GLA:D® program itself have been presented from GLA:D® Germany team members on various scientific congresses (e.g. Annual conference of the Association of South German Orthopedists and Trauma Surgeons, German Congress for Orthopedics and Trauma Surgery and

the 6th Physiotherapy Research Symposium). The GLA:D® presentation of instructor Jeannine Hauke won the audience award for topics like content, knowledge gain and practical relevance at the German Congress for Orthopedics and Trauma Surgery. This shows once again that the structured and evidence-based care of osteoarthritis is of great importance in Germany.

The introduction of the program in Germany together with one of the largest health insurance companies has also attracted media attention. As a result, numerous articles and interviews have been published in newspapers and specialist journals, drawing further attention to the GLA:D® program from patients and healthcare professionals.



## Prospects and further developments

### The GLA:D®-App

A novelty from GLA:D® in Germany is the use of the GLA:D®-App specially developed for GLA:D®. The app serves as an assistant and digital companion during treatment with GLA:D® and bundles and simplifies many necessary processes in a simple and patient-friendly manner. The patient can use the app to view the contact information for his GLA:D® unit, he is reminded of upcoming appointments and can collect information relevant to billing directly in the app.



Much more important, is that the patient can read the content of the educational units in the app and that digital home training programs are also offered to him after the initial treatment with GLA:D® in order to continuously support a long-term change in lifestyle and an increase in physical activity. In addition, the digital questionnaires and assessment results are also recorded directly in the app, so that the data collected is immediately available for research purposes.





## GLA:D® International Network



GLA:D® is offered to persons in Denmark, Canada, Australia, China, New Zealand, Switzerland, Austria, Norway, the Netherlands, USA, Germany and Ireland.

National GLA:D® initiatives are usually linked with academic environments at a university in collaboration with local health providers. In Germany and in the Netherlands, partners also collaborate with local health insurance companies. This collaboration is based on the same principals as collaboration with the public health providers: patient education, exercise therapy and registration in a database.

The international collaboration in GLA:D® is formalized in the GLA:D® International Network (GIN). The purpose of GIN is to exchange experiences and ensure that GLA:D® is delivered consistently worldwide and to support the collaboration in program development and research. The group meets twice a year to discuss new initiatives, carry out workshops and present of new research projects. Once a year the meeting take place in conjunction with the annual OARSI conference, while the other meeting is hosted online.

GLA:D® Germany hosted the GIN meeting 2022, which was performed as a hybrid meeting with persons attending the meeting in Berlin and others attending the meeting online.

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GLA:D® International Network Website:  
[www.gladinternational.org](http://www.gladinternational.org)

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