

**EDITORIAL****Self-Management following Total Knee Arthroplasty: A concept to emphasize**SAMREEN SADIQ<sup>1</sup>, RABIYA NOOR<sup>2</sup>, ASHFAQ AHMED<sup>3</sup>, RIZWAN AKRAM<sup>4</sup>, IZZAT HASSAN<sup>5</sup>, HAFIZ ASIM<sup>6</sup>, AMER AZIZ<sup>7</sup><sup>1,6</sup>Lahore College of Physical Therapy, Lahore Medical & Dental College, Lahore<sup>2</sup>Riphah International University<sup>3,4,5,7</sup>Orthopaedic and Spine Center Ghurki Trust Teaching HospitalCorrespondence to: Dr. Samreen Sadiq, Email: [samreen.sadiq@lmdc.edu.p](mailto:samreen.sadiq@lmdc.edu.p)

Knee Osteoarthritis (OA) is considered as one of the leading cause of disability around the world<sup>1</sup>. Total knee Arthroplasty is known to be the best treatment option available for reduction in pain and symptoms in case of failure of conservative management<sup>2</sup>. Recently enhanced recovery pathways have been followed after knee replacement surgery which includes a combination of early mobility, education of patient and care giver, nutritional and fluid support. These enhanced pathways lead to shorter hospital stay<sup>3</sup>. Due to the shortened hospital stay, the aspect of self-management by patient becomes fundamental. Post-operative self-management of patients following knee replacement is a crucial factor for successful recovery. Self-management as defined by World Health Organization is the ability of patients, care givers and community to effectively manage with the disease, either with the support of health service provider or independently. In knee replacement, self-management includes pain management, physical therapy exercises, daily self-activities and precautionary measures<sup>4</sup>.

Education on self-management is provided by the hospital staff and is also given in the form of pamphlets but patient often finds it difficult to completely understand and retain the informational care due to its complex nature and quantity consequently leading to reduced compliance by the patients. Moreover, early discharge of patients leads towards lower satisfaction rate as the patients feel that their discharge procedure is driven in an accelerated manner, ignoring the proper care until next visit<sup>5</sup>.

Secondly the current COVID 19 pandemic necessitates the urgent need of deliverance of post-operative care through utilization of e-services, thus

adopting social distancing. This is the need of hour to provide services through telehealth system when appropriate. The recommendations from the center for disease control and prevention also emphasized on changing the outpatients trends and reduce the frequency of unnecessary visits<sup>6</sup>. E-health provides a substantially influential and promising mode of treatment for patient education and provision of post-operative information care.

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