

AB067. SOH21AS162. Virtual elective knee clinic—a pilot study

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Background: Virtual outpatient clinics have proven invaluable to continued treatment of patients during the coronavirus disease 2019 (COVID-19) pandemic. Most interest to-date has focused on virtual fracture care. Our aim was to establish a virtual elective knee clinic in Tallaght University Hospital.

Methods: A new clinical initiative was established in Tallaght University Hospital in August 2020. Patients with knee pain referred from general practitioners (GPs) to the Orthopaedic Department without red flag features were deemed suitable for the virtual consultation. Weightbearing X-rays of both knees were performed prior to review. Virtual consultation was undertaken by MSK Clinical Specialist Physiotherapists. Clinicopathological data and outcome of the consultation were recorded.

Results: From August to mid-November 2020, 86 patients were reviewed in the virtual elective knee clinic. Sixty-five percent were female, while mean age was 66 years (SD: 10). Mean consultation time was 17 minutes (SD: 5). Seventy-eight patients (91%) had radiograph-confirmed osteoarthritis. Mean Oxford Knee Score was 31 (SD: 9). Fifty-two patients (60%) were discharged back to the care of their GP following the consultation. Thirty-one (36%) were referred for physiotherapy management; 21 (24%) were given advice and education; 8 (9%) were booked for a

physical examination to ascertain diagnosis. Twelve patients (14%) were booked directly for a knee injection, while consultant orthopaedic surgical opinion was sought in 14 patients (16%).

Conclusions: We have successfully piloted a virtual clinic for assessment and treatment of elective knee patients. Projects such as these will prove invaluable to provide care to those on ever-increasing waiting lists, in particular during the COVID-19 pandemic.

Keywords: Virtual; knee; elective; coronavirus disease 2019 (COVID-19); initiative

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Footnote

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Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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