2 About treatments for knee osteoarthritis

There are different treatment options for knee osteoarthritis, which will now be presented to you. Afterwards, we will work together to find the best decision for you.

To what extent do you wish to be informed about the different treatment options??

- ☐ As little as necessary
- ☐ A moderate amount
- ☐ All available information

DECISION HELPER™ preview

Osteoarthritis in the knee: Which treatment is right for me?

DECISION HELPER™ template, version 2.0, 2025

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Hospital unit: Sygehus Lillebælt
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References: https://sygehuslillebaelt.dk/afdelinger/vejle-sygehus/center-for-faelles-beslutningstagning/forsknings-og-implementeringsprojekter-i-center-for-faelles-beslutningstagning

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1 DECISION HELPER™

The purpose of this DECISION HELPER™ is to support you and your surgeon during the consultation in making the best choice concerning treatment of osteoarthritis in your knee.

How far have you come in your decision making process, whether you want surgical or non-surgical treatment?

- ☐ Have not considered the options
- ☐ Considering the options
- ☐ Close to making a decision
- ☐ Have made a decision

3 You as a patient

To make a shared decision about the right treatment for you, it is particularly important to understand what matters to you in your daily life. When you make a decision, it will include options to add in and options to leave out, which may depend on your personal preferences.

What is most important to you?



To relive your pain and limitations	☐ A litte	☐ Moderately	☐ A lot
To avoid surgery	☐ A litte	☐ Moderately	☐ A lot
Other _____	☐ A litte	☐ Moderately	☐ A lot

DECISION HELPER™
preview

4 Options, benefits / harms

5 Decision

Are you ready to make a decision?

- ☐ I want surgical treatment
- ☐ I do NOT want surgical treatment
- ☐ I want to try non-surgical treatment
- ☐ I am not ready to make a decision

What is required to enable you to make a decision?

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