

Frequently Asked Questions

Do I need a referral to OASIS?

Yes and no. You need a referral from your family doctor, surgeon, rheumatologist or other healthcare provider to be assessed by an OASIS clinician. You do NOT need a referral to attend an education session or access our web resources.

How will my family doctor be involved?

OASIS keeps your family doctor up-to-date as you move through the program. We also work with your family doctor to help you access support services and treatment to manage your osteoarthritis.

What if I need surgery?

If you need surgery, OASIS will work with your family doctor to refer you to a surgeon, providing information about your symptoms and how soon you need to be seen. OASIS also offers free education sessions that help you prepare for your surgery and recovery.

What is the OASIS interdisciplinary team?

Our interdisciplinary team is made up of physiotherapists, occupational therapists, nurse clinicians, and dietitians. We assess your needs, work with you to develop your Action Plan, and help you to access support services.

About OASIS

OASIS – the OsteoArthritis Service Integration System – is a Vancouver Coastal Health program developed to support people with osteoarthritis.

OASIS was created in partnership with family doctors, orthopaedic surgeons, and rheumatologists.

Have you been referred to OASIS yet?

Talk to your family doctor and visit our website <http://oasis.vch.ca> to learn more about how OASIS can help you.



Contact Us

Vancouver Phone: 604.875.4544 Fax: 604.875.8294

Richmond Phone: 604.675.3644 Fax: 604.297.9926

Coastal (North Shore) Phone: 604.904.6177 Fax: 604.904.6170

<http://oasis.vch.ca>



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Working Together for Healthy Joints

Do you have osteoarthritis?

OASIS can help

OsteoArthritis Service Integration System



How can OASIS help you?



OASIS is a program designed to give you the tools and information you need to take control of your osteoarthritis. OASIS will:

Assess your needs & create your Action Plan

At your **assessment appointment** our team will assess:

- your condition and needs
- your ability to move
- your overall health and wellness.

Then we work together to create your **Action Plan**. Your plan outlines the next steps for treatment, follow up, and education. It also suggests support services that may help.

We work with you and your family doctor to refer you to a specialist or for treatment if needed. We also help you access programs and support services in your community.

Follow-up

Your osteoarthritis symptoms will change over time and today's Action Plan may not meet tomorrow's needs. If your needs change, you can return to OASIS to learn what else you can do to enjoy the best quality of life possible.

info➤

Learn more about OASIS Education at:

<http://oasis.vch.ca/our-classes>

Provide Education to help you live well with osteoarthritis

OASIS offers **free education sessions** for people at all stages of osteoarthritis. Our education sessions cover a variety of topics including:

- Understanding Osteoarthritis
- Exercise
- Nutrition & Supplements
- Weight Control
- Mindful Eating
- Pain Management
- Sleep, Stress & Osteoarthritis
- Nordic Pole-Walking
- Hand Osteoarthritis
- Foot & Ankle Osteoarthritis

If you need surgery, we offer additional sessions that teach you how to prepare for your surgery and recovery.

OASIS
website➤

Find referral forms, videos, and information about managing your osteoarthritis in 4 different languages.

Learn more at: <http://oasis.vch.ca>