Michigan Quality Improvement Consortium
Clinical Practice Guideline Alert

Guideline:  Medical Management of Adults with Osteoarthritis
Released:  August 2021

This alert provides a summary of only the recommendations which were updated. Refer to the complete guideline for all recommendations and level of evidence.

Updated recommendations include:

Initial Evaluation
  o Consider racial equity and social determinants of health impact.

Pharmacologic Therapy
  o Consider acetaminophen at minimum effective dose, lower dose for patients with risk factors for hepatic toxicity (alcohol, drug interactions). Warn patients that many over-the-counter products and prescription analgesics contain acetaminophen and to monitor total dose carefully. Maximum dose from all sources 3 g/d.
  o Other alternatives:
    • Nonacetylated salicylate, intra-articular drugs (glucocorticoids, anesthetics), pain-modulating SSRI (venlafaxine, duloxetine), topical preparations (methyl salicylate, diclofenac, or capsaicin [conditionally recommended for Knee only\(^3\)]). Prescription topicals are costly.

\(^2\)2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee
\(^3\)Osteoarthritis Management: Updated Guidelines from the American College of Rheumatology and Arthritis Foundation - Practice Guidelines - American Family Physician (aafp.org)
\(^4\)Misoprostol at full dose (200 μg four times a day) may be substituted for proton-pump inhibitor.