

Hip and Knee Rapid Access Clinic (RAC) Information for Patients and Families

What to Expect and Frequently Asked Questions

The RAC program for Musculoskeletal (MSK) conditions is designed to provide you with timely assessment of your hip or knee Osteoarthritis (OA).

Who is eligible for this program?

This program is for patients who have hip and/or knee OA.

How can I be referred to a RAC?

Ask your primary care provider (PCP) to send a referral to Central Intake, where the referral will be sent to a hospital-based RAC. You will have the choice of the following:

- Preferred surgeon;
- First available assessment*;
- First available surgeon*;
- Preferred hospital; or
- Closest to home.

**If a 'first available' option is selected, you will be referred to one of the RACs across the Central East region, depending on wait times.*

How do I get an appointment?

After the referral is sent to Central Intake, the RAC will contact you and offer you an appointment with a regulated health care professional (Assessor).

What do I need to do before my appointment?

Plan to spend about one hour in the clinic. To optimize your time with your Assessor, please ensure you have:

- A valid health card;
- Access to your x-rays (e.g., on a CD or access to a digital download); and
- Comfortable clothing and shoes.

What is an Assessor and what happens during an assessment?

- The Assessor has received specialized training with Orthopaedic Surgeons and will perform a physical examination and discuss the history of your condition.
- At the appointment, your Assessor will provide you with education and tools to better support your condition.
- If you and your Assessor agree, you will be referred to an Orthopaedic Surgeon. You will again be offered your choice of first available surgeon, preferred surgeon or preferred hospital.

Will my Primary Care Provider (PCP) be informed about my assessment?

Yes, your PCP will be sent a consultation note that summarizes your assessment results and next steps, including any required follow-up appointments.

Other Resources

- Arthritis Society: <http://www.arthritis.ca/support-education>
- To learn more about workshops for people with health conditions, including workshops for caregivers, visit the Self-Management Program website at <https://www.ceselfmanagement.ca/>.