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# escape pain

**Welcome to your quarterly ESCAPE-pain newsletter.**

Our goal is to provide you with the latest news on the ESCAPE-pain programme and to tell you about MSK research, projects and people you may be interested in. Please send any comments or suggestions for future content to Ambra at [ambra.caruso@nhs.net](mailto:ambra.caruso@nhs.net).



## **ESCAPE-pain app launch**

The ESCAPE-pain app is finally here! We are very excited to share it with you and you can [find out more here](#). The app reproduces the ESCAPE-pain programme, so that anyone with osteoarthritis can benefit from it, and it will also help people who have been on the programme and are looking for support to continue to exercise at home. It is available free from the Apple App Store, where you can find it by searching for ESCAPE-pain or clicking here: <https://appsto.re/gb/uC9Ahb.i>.

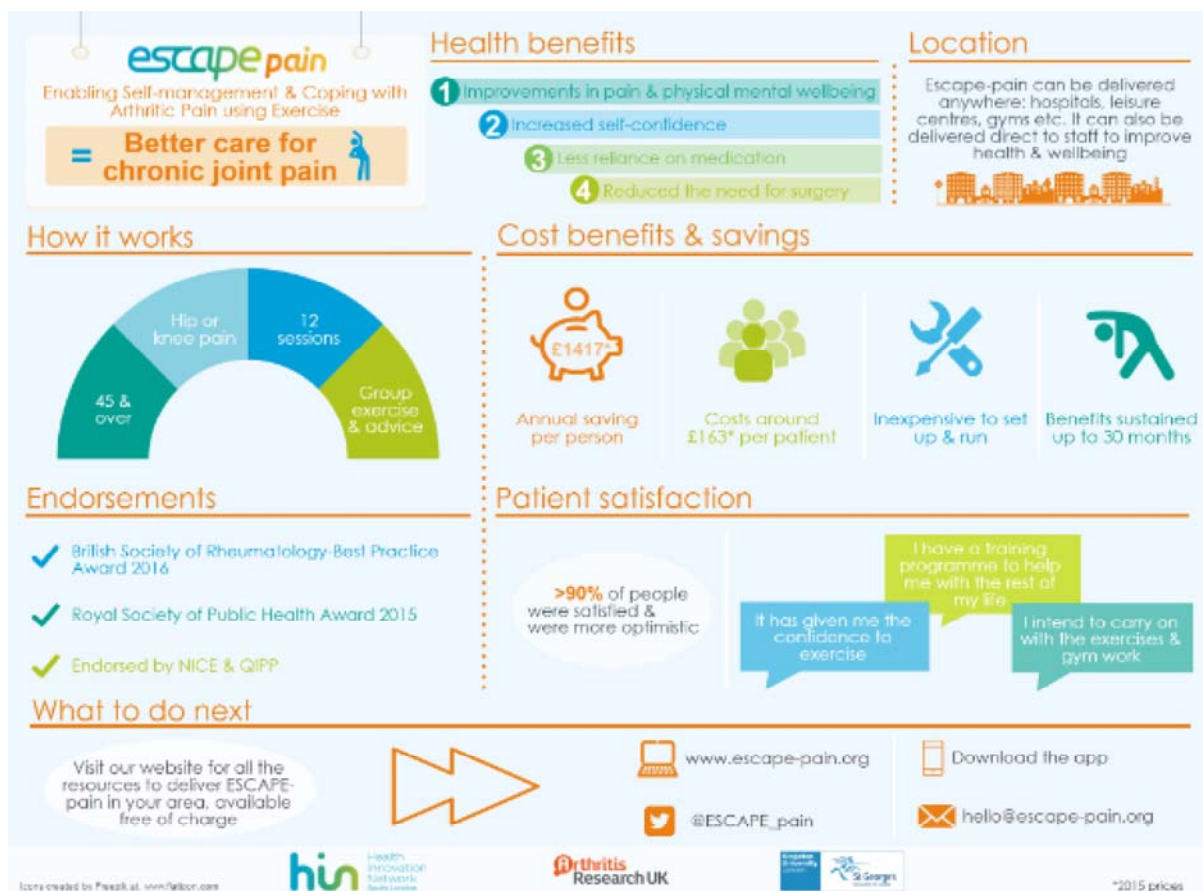
The app can be downloaded for free onto any Apple smartphone or tablet, and it will soon be available on Android. People who do not have smartphones or tablets will soon be able to access the app content on the [ESCAPE-pain website](#).

Can you help us spread the word? You can download the app, review it, recommend it to friends and family, and share it on social media. If you run an ESCAPE-pain class, you can tell your current and previous ESCAPE-pain participants to use the app to continue their exercise programme at home.

The app has been developed in partnership with [Salaso Health Solutions Ltd](http://Salaso Health Solutions Ltd). If you have any comments or questions please email [hello@escape-pain.org](mailto:hello@escape-pain.org).

## It's all about motivation!

We have created an [infographic](#) and have produced a [patient video](#) to explain the benefits of the programme to new ESCAPE-pain participants coming to their first class. Understanding how their life can improve if they stick to the ESCAPE-pain programme can make a big difference to their motivation!



## Latest news

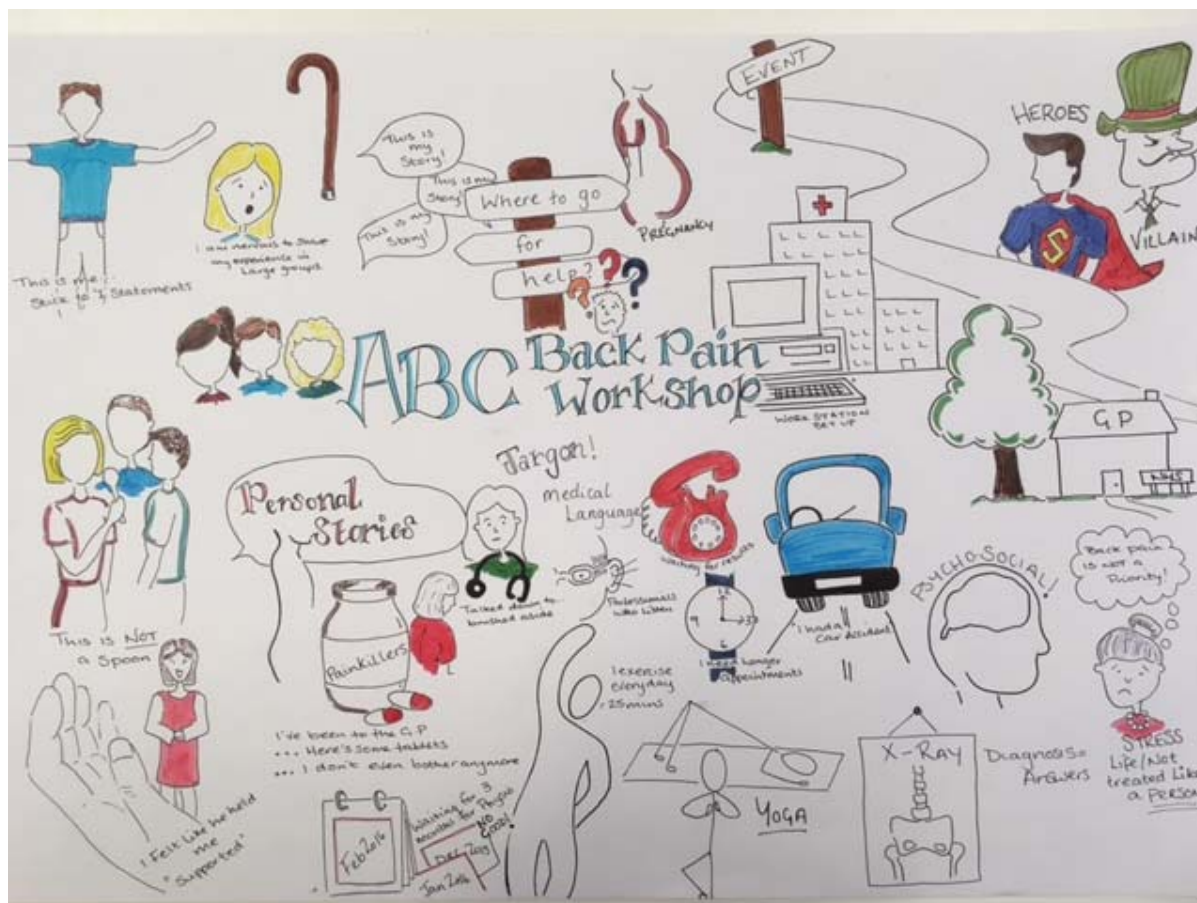
**Training for fitness instructors to run ESCAPE-pain**– this has been piloted, and an accredited short course is under development. We anticipate that it will be available from Spring 2017.

**Joint Pain Advisor Project.** Early evidence suggests that sessions with a [Joint Pain Advisor](#) who gives people advice and information about being active and losing weight can improve physical health and mental wellbeing, reduce pain and increase physical activity levels. A paper describing the study will be published in “Musculoskeletal Care” in a few months. It will be presented at the British Society of Rheumatology Annual Scientific meeting in Birmingham in April 2017 and has been awarded the British Health Professionals in

Rheumatology Clinical Prize. We have trained Health Trainers in Greenwich to give joint pain advice during their 1:1 sessions with clients. For more info please email Fay Sibley on [fay.sibley@nhs.net](mailto:fay.sibley@nhs.net).

We are reviewing the criteria to access the revamped and improved **ESCAPE-pain course material**. Please email [hello@escape-pain.org](mailto:hello@escape-pain.org) for more information.

Are you using the stratification tool **STaRT Back?** If so, we would love to hear from you! Please email Fay Sibley on [fay.sibley@nhs.net](mailto:fay.sibley@nhs.net) to share your experience and find out about what others are doing in this area.



**Call for contributions!** The next newsletter will be published in April 2017. We are always keen to hear of your experiences of the programme and how you have implemented it in your local area. Is ESCAPE-pain becoming a standard part of the pathway for people referred to orthopaedics, do you have any audits or patient stories to share, or any top tips about recruitment or retention to the programme? If you would like to contribute please email [hello@escape-pain.org](mailto:hello@escape-pain.org).

**Curious about what everyone else is doing? Check out the ESCAPE-pain map**



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