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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 Jenny at [jenny.ly1@nhs.net](mailto:jenny.ly1@nhs.net).

## Partnering up with Arthritis Research UK (ARUK)



We've been working closely with ARUK to spread ESCAPE-pain across the UK. ARUK's professional network is an active community that brings health care professionals to transform care for people with arthritis. [Visit their website](#) or [sign up to their network](#) for free online educational resources for clinical practice and patients.

In March, ARUK published a report titled *Providing physical activity interventions for people with musculoskeletal conditions*.



In this report, ESCAPE-pain is classified as a Tier 3 intervention and covered as a case study. The report also covers:

- Policy context and NICE guidance
- The economic case for physical activity provision
- Provision of musculoskeletal physical activity model

- Supporting musculoskeletal conditions with physical activity

### West of England AHSN pilot project



Two cycles of ESCAPE-pain are being piloted in South Gloucestershire. The first cycle started in April in Thornbury, with 12 participants. The second cycle is due to commence this month in Kingswood. Below is a summary from the first cycle:

*'The first cycle is being delivered by an exercise professional who completes reflective learning logs as part of the PDSA cycle. As a result, we've added some fitness equipment, such as mini foot bikes, and recognise that the programme benefits from two exercise professionals where possible.'*

*'Initial feedback from our exercise professional is that patients have responded very positively to the programme, there is an enthusiasm for continuing physical activity once the programme finishes. The exercise professional said that, "the confidence of the group is great and they all are familiar with the exercises now." Aside from the success to date of the delivery of the programme, excellent partnerships have been formed between the organisation involved in delivering the programme.'*

Well done to the West of England AHSN team and looking forward to hearing about your second cycle!

### Feedback: East Surrey Hospital

Thanks to the team at East Surrey Hospital for sharing several 'love letters' with us. We wanted to share a particular letter from a participant who credits the success of the classes to the wonderful physio facilitators:

*"Before I came on the course, I had been told by an orthopaedic consultant that a knee replacement would be inevitable but that I should consider it carefully as it is major surgery. Thanks to the Physio Department at East Surrey Hospital I was recommended for the 6-week Escape course that is just concluding.*

*"The course has made a real difference to my attitude to my arthritis. The mix of advice and exercise has encouraged me to look positively at what I can do to manage the pain and to strengthen the muscles to support my knee.*

*"The support of the physios leading the course has been a major factor in its success. Their knowledge*

*and training has enabled them to respond to each of us as individuals with our particular needs. Their encouragement and enthusiasm have helped us to grow in confidence over the 6 weeks.*

*"As a result of the course, I am far more optimistic about the future. The pain hasn't gone away but is more localised and I have a range of strategies to cope with it along with the determination to avoid a knee replacement. I am ready to move on to the next stage of my rehabilitation and have the confidence now to attend the YMCA classes.*

*"Thank you again for including me in what I consider to be a life changing event!"*

### **Feedback: ESCAPE-pain app**

Margaret, a physiotherapist in private practice, has recently used the ESCAPE-pain app and has shared how it's helped her pain:

*"I was really, really impressed with the ESCAPE-pain app. The exercises were clearly demonstrated and easy to follow. Having an arthritic knee myself I can report that having followed your exercise programme my knee is currently pain free with reduced effusion and I can even jog for 3 miles."*

The ESCAPE-pain app is available for free on [Apple](#) and [Android](#) devices. In the next few months, we'll be evaluating the app with patient groups. If you have any feedback about using the app in practice, email us at [hello@escape-pain.org](mailto:hello@escape-pain.org)



### **Training Course for Clinicians**

Our next training course in June is fully booked. Below are details for our July course. We hope you can join us!

**Date:** Friday 14 July

**Location:** King's College London, Waterloo Campus

**Cost:** £ 200

[Book your place](#) via Eventbrite. If you have any training enquiries, email us at [hello@escape-pain.org](mailto:hello@escape-pain.org)

### **Events**

**Come along and share your ideas and be a part of a group that is keen to collaborate and explore possible solutions to face MSK challenges!**

**ESCAPE-pain event: Monday, 11 September 2017**

Join us for a learning event for ESCAPE-pain facilitators and providers to share learnings on delivering osteoarthritis self-management.

This event will be held at the Robens Suite at Guy's Hospital. Invitations with a draft programme and registration details will be emailed in a few weeks.

### **Back Pain Forum: Friday, 30 June 2017**

Our April Forum welcomed clinicians, public health managers and commissioners from across south London and neighbouring counties. We welcomed expert speakers to present the work they have been doing to improve the back pain pathway and patient's experience of care, and even hosted our first webinar with a remote presentation from Dr Zara Hansen on iBeST. With a positive buzz and several offers of future presentations the third forum promises to be the best one yet!

Our third BACK PAIN FORUM will focus on self-management in the community. We will be showcasing local initiatives as well as digital solutions from *Pain Sense* and *GetUbetter* to help support patients manage their back pain. This event follows on from our previous two Back Pain forums which identified an interest in a regular in-person information sharing forum.

The forum will begin at 10.00 am and lunch will be available from 1.00pm.

[Please register your attendance](#) via Eventbrite.

### **Partners for Joint Pain Advisor**

We are looking for partners who are interested in testing the Joint Pain Advisor (JPA) approach in their localities? Over the last 2 years our work has focused on helping individuals with chronic joint pain manage their own condition better which in turn has led to better health outcomes and prevention of ill health.

We successfully piloted a 'Joint Pain Advisor' where we placed a physiotherapist in GP practices in Lewisham. The physiotherapists didn't deliver traditional physiotherapy but instead used motivational interviewing and behaviour change techniques to work with individuals to make individualised care plans, they gave advice around losing weight and becoming more physically active, as well as how to manage flare ups of pain and sign-posting to other appropriate services.

We are now piloting the service with health coaches from the Greenwich Public Health team working in community settings such as the public library and faith centres. We feel health trainers are equally well placed to deliver the service as they have an excellent understanding of their local community and the activities available.

We are looking for partners who might be interested in testing the approach with us – either in the GP setting using physiotherapists or community setting using health coaches. To find out more please view our [prezi presentation](#) or listen to our recent [NHS England Webinar](#).

To find out more, email Amy Semple, Senior Project Manager, at [a.semble@nhs.net](mailto:a.semble@nhs.net).

### **Are you using STarT back?**

Keele University are very interested to hear how you are getting on with STarT back. They have a very brief questionnaire to try and establish how and where it is being used:

<https://www.keele.ac.uk/sbst/feedback/>. We know a couple of you have implemented STarT back locally, but it would be good to have an idea of wider use so please drop me an email if you are using the tool.

To find out more, email Amy Semple, Senior Project Manager, at [a.semble@nhs.net](mailto:a.semble@nhs.net).

### **Call for contributions!**

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).



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