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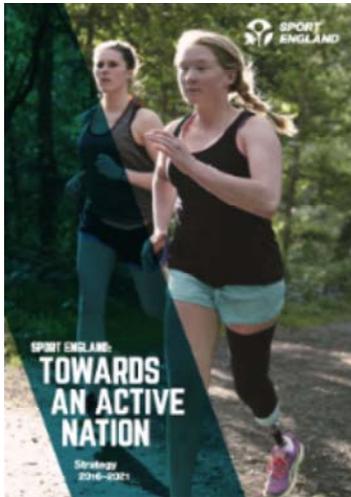
escape pain

Welcome to the 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 to hello@escape-pain.org.

Sport England



Sport England has officially announced the successful recipients of their Active Ageing Fund grant – we are proud that ESCAPE-pain has been named a winner. We're looking forward to working with leisure sector and other community partners to tackle inactivity in people aged 55 or over to become more active.

Read Sport England's ['Towards an Active Nation' strategy](#), or visit the [Sport England website](#) for resources on tackling inactivity.

Read Sport England's media release

Annual conference

Our conference was held on 11th September at Guy's Hospital. A summary [article](#) with a speaker round-up is available on the Health Innovation Network's website. A quarter of delegates were already delivering ESCAPE-pain and it was a good opportunity to share experiences, challenges and solutions.



British Journal of General Practice

This month's BJGP focuses on the relationship between mental and physical health and illness. An editorial [article](#) titled 'Reducing arthritis pain through physical activity: a new public health, tiered approach' highlights ESCAPE-pain as a structured approach to physical activity for people with arthritis.



Participant feedback letter

Having just taken part in the 'Escape Knee' programme, I would like to recommend it to others.

I wasn't expecting miracles and was possibly a little negative. I didn't feel any benefit until week four. Since then I have noticed improvement in problem areas. I can now easily walk 6km and when my knees are warmed up manage stairs more easily. Whilst this is not a cure it is a very sound way to manage my symptoms and improve my quality of life. I shall continue to use the programme.

We have been sharing these letters as part of #FeelGoodFriday on [Twitter](#). This is one of our favourites – it highlights the importance of the programme sessions in producing sustained behaviour change.

ESCAPE-pain app - new versions available

Thank you to those who have provided feedback about our app since it launched earlier this year. Bugs and glitches have been fixed and updated versions are now available to download. To see the updates, it's best to uninstall the older version and install the new version (Version 1.5) from the [App Store](#) or

[Google Play](#).

Our developers have also been building a 'webapp' which will make the app available on a computer or laptop. This should be finalised later this year and will be linked to the main [ESCAPE-pain website](#).

ESCAPE-pain website

Content on the [ESCAPE-pain website](#) has been revamped and includes links to resources, including infographics and upcoming training course dates. If you've registered on the website, you'll also be able to view all the education and exercise videos available on the ESCAPE-pain app for informational purposes.

Clinicians' Facilitator Training Course

Since we launched our training packages earlier this year, around 90 clinicians and fitness instructors have been trained. We have set course dates for the rest of 2017 and are working on dates for early 2018.

Register to attend on Friday 10 November 2017

Register to attend on Friday 1 December 2017

Updates on Joint Pain Advisor (JPA)

JPA has recently been included in two publications:

- [Chronic Conditions UK](#) has published a short opinion piece on their website
- [NICE shared learning database](#) has included JPA as an example of good practice and implementing NICE guidelines.

Health Advisors from Help2Change in Shropshire have completed JPA training and plan to launch the service in late 2017.

Joint Pain Advisor helps people understand and manage their knee or hip pain through education and services.

Key features:

- For self or with medical consultation to discuss lifestyle, weight and personal pain with behavioural and support based on NICE Guidelines (Quality Standard for osteoarthritis) (QSOFT).
- A publicly developed programme and app for self.
- Available on 1 month or 3 months, with access to health professionals for support and advice.

It aims to help change people's beliefs and behaviours, teach them how to self-manage or control their symptoms and share the experience with others.

Target Audience:

The availability of this service depends on the availability of a network of professionals. It is intended for people in the UK who have been given a diagnosis of osteoarthritis (OA) of the knee or hip and are looking for ways to manage their condition.

Patients are advised that the number of pages:

- 40% reduced weight
- 20% reduced weight
- 22% less pain
- 28% reduction in pain

What is the benefit?

40% reduction in weight, 20% reduction in weight, 22% less pain, 28% reduction in pain.

75% of people are confident in walking and 75% are confident in climbing stairs.

How to use the service:

1. Register on the website or app. 2. Complete the assessment. 3. Receive personalised advice and support. 4. Access the app for ongoing support and advice.

Chronic joint pain is the 2nd most common reason for visit to GPs. It can have a major impact on quality of life and is a leading cause of disability in the UK.

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Health Innovation Network

Joint Pain Advisor Implementation Guidance

[@HINSouthLondon](http://www.hin.org.uk/hinotes.org)

hin Health Innovation Network South London

JPA resources have been updated and can be downloaded from the [Health Innovation Network website](#).

Back Pain Forum: Save the Date

Following on the success of previous forums, the upcoming information sharing forum will bring together professionals and managers who work with back pain or have an influence over back pain services.

Date: Thursday, 16 November 2017

Time: 2:00 - 4:00 pm (lunch from 1:00 pm)

Register to attend

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



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