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escape pain

Welcome to the first issue of our 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. You are receiving this newsletter as you have previously expressed interest in our programme, and we hope you will enjoy reading it. Please send any comments or suggestions for future content to Ambra at ambra.caruso@nhs.net.



Meet Your new Project Manager : Ambra Caruso

Ambra has been working for the MSK team at the Health Innovation Network since July 2016. She is your main point of contact for all things ESCAPE-pain and is always happy to hear from you, so drop her an email if you need any advice on the programme: ambra.caruso@nhs.net

Thank you!

Thank you for supporting, running and promoting ESCAPE-pain. Thanks to your hard work over 2000 people with OA have benefitted from the latest research in the MSK field. We are very proud of what we have achieved together. See our latest clinical outcome scores [here](#).

Remember: If you send us your data, our information and technology team will be able to analyse it for you!

Can you help us make data collection easier?

Collecting data can sometimes be tedious. It is, however, the best way to demonstrate the impact of our work. We would like to work with two to three sites to pilot new and easier ways to collect

data.

If you would like to be involved or have suggestions on how we can do things differently please email ambra.caruso@nhs.net.

New mental wellbeing scale

We are now recommending that you see the wider benefits of the ESCAPE-pain programme by using the Short Warwick-Edinburgh Mental Wellbeing Scale. The scale can be found [here](#) and the new data collection template will be emailed to all active sites shortly.

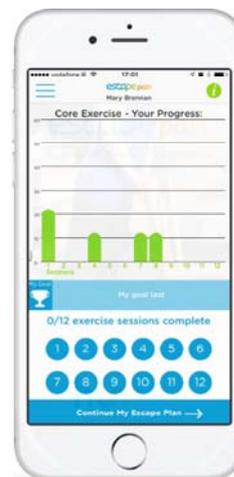
Latest news

ESCAPE-pain app: The ESCAPE-pain app will be launched soon and will be ideal for people who have been through the programme and would like to continue to exercise safely at home.

The app content will also be available on our website for those who do not have a smartphone. If you would like to be involved in the last stage of user testing, please email

ambra.caruso@nhs.net

Pay as you go follow-up sessions: How often do you hear ESCAPE-pain participants saying they would have loved the course to go on for longer? One ESCAPE-pain site has started to offer pay-as-you-go sessions after the programme finishes. For more information please contact: ambra.caruso@nhs.net



ESCAPE-pain for staff: Thanks to the initiative of enthusiastic Occupational Health Physiotherapist Lindel Coultron, ESCAPE-pain is now being offered to St. Helier hospital staff with OA. Find out more [here](#).

Training for fitness instructors: We are currently planning training sessions for fitness instructors to support the spread of the models in leisure centres. Watch this space for more information going forward.

Arthritis Action has been the first organisation to run ESCAPE-pain in the charity sector, with the help of their Director of Therapies, Matthew Rogers. Their experience has been captured in a case-study, which you can read [here](#).

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



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