

# ESCAPE-Pain programme



## What is the innovation?

Supporting patients with Osteoarthritis and chronic joint pain (hip and knee) across Wessex



## Why are we doing it?

To reduce inactivity in older adults by offering combined group education and exercise sessions to help improve their health and save NHS costs

ESCAPE-Pain (Enabling Self-Management and Coping with Arthritic Pain through Exercise) is an evidence-based group rehabilitation programme designed for people aged 45+ with chronic joint pain or Osteoarthritis of the hip and or knee.

In 2017, ESCAPE-pain joined the NIA programme to promote national uptake of the programme. One of seven programmes developed regionally, it was selected for national adoption across all 15 AHSN networks for the two-year period of 2018-2020.



Wessex has moved to having

**7**

additional live sites with

**15**

in set-up in early 2019



Supported the training of

**26**

new ESCAPE-pain facilitators  
across Wessex in the first year



Engaged with

**6 CCGs**

and

**10**

Acute and Community Foundation  
Trusts, together with Musculo-  
Skeletal Physiotherapy Leads,  
District Council and sports and  
leisure provider organisations  
across Wessex



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## What was delivered 2018-19?

- 94 patients have been on the programme and benefitted from it
- ESCAPE-pain programme now being delivered at 7 active sites
- 26 new facilitators trained
- 15 sites ready to go live in early 2019/20
- Engagement of partners across Wessex to initiate building a Wessex wide strategic ESCAPE-pain plan



## Plans for 2019-20:

- Support the sites and trained facilitators worked with in year one to set up sustainable ESCAPE-pain programmes across Wessex
- Achieve the national target of 872 completers by March 2020 by supporting initiatives set-up in 2018/19, increasing total number of sites to 40 and working with new initiatives
- Engagement with all of the main stakeholders including:
  - 10 CCGs
  - 11 acute and community hospital trusts
  - Key Physiotherapy Musculo-Skeletal Leads plus District Council and sports and leisure providers across each area within Wessex, in the setup of a Strategic ESCAPE-pain roll out plan across Wessex
- Provide a quarterly dedicated ESCAPE-pain newsletter and bi-annual networking forum meeting

## Events and awards 2018-19:

- 26 new ESCAPE-Pain facilitators trained, 22 in local Southampton based training and 4 at centrally organised training

Want to find out more?

@escape\_pain  
escape-pain.org

