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ESCAPE-pain is supported by the Health Innovation Network (HIN) and Versus Arthritis

[For a full list of our endorsements and partnerships please click here.](#)

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## **ESCAPE-pain conference - December 2018**

The 4th ESCAPE-pain conference was held at Guy's Hospital in London. 87 delegates attended. The event entitled 'Innovating, Collaborating, Motivating', had presentations by two facilitator- participant pairings, and several high-profile speakers:

- Professor Peter Kay - National Clinical Director Musculoskeletal Care, NHS England
- Dr Sam Roberts - Director of Innovation & Life Sciences, NHS England
- Professor Sir Muir Gray - Consultant in Public Health for UK Active
- Nuzhat Ali - National Lead for Musculoskeletal Health and Wellbeing, Public Health England
- Stephen Hodges - Innovation Lead for the North Region, NHS Right Care

The conference was full of great energy and engagement, see some of the tweets below to get a sense of the atmosphere from the day.



### Awards:

- The Physiotherapy team at South West Yorkshire Partnership NHS Foundation Trust were winners at their local Trust's 'Excellence 2018' awards. They received the '[Excellence in Improving Health](#)' award for their delivery of the ESCAPE-pain programme
- The Physiotherapy team at South Eastern Trust in Northern Ireland were shortlisted for a [PHA](#) award for building capacity in communities and prevention in the Advancing Healthcare awards Northern Ireland
- Professor Mike Hurley, originator of the ESCAPE-pain programme, was [shortlisted for the Outstanding Individual of the Year award](#) in the 2018 -19 Active Training Awards.

### Publicity

- ESCAPE-pain class at the Barbara Castle Way Health Centre, run by East Lancashire Hospitals NHS Trust in Blackburn, was featured in a BBC news bulletin by BBC health correspondent, Dominic Hughes on Monday 7th January at 1pm. In the context of the newly launched NHS Long Term Plan, the piece goes on

to say how the class will ease pressure on other parts of the health service and how this will be a key feature for the future plans of the NHS

- ESCAPE-pain participants at the Barbara Castle Way Health Centre run by East Lancashire Hospitals NHS Trust in Blackburn were featured in a BBC Radio 4 news bulletin by BBC health correspondent, Dominic Hughes on Monday 7th January at 6pm
- Care City news item '[Exploring community physiotherapy groups as a means to improve the lives of those living with chronic hip and knee pain](#)'
- Huntingdonshire Government news item '[ESCAPE Pain with New Rehabilitation Programme](#)'
- Versus Arthritis article '[Moving more with the ESCAPE-pain project](#)'
- South West AHSN blog: [ESCAPE-pain – helping people with hip and knee arthritis](#)
- Referenced during presentations at the annual Arthritis and Musculoskeletal Alliance (ARMA) lecture entitled 'More people, more active, more often: three perspectives on physical activity and musculoskeletal health' and also during the ARMA webinar focussed on 'Supporting people with MSK conditions to be active'
- [St Helen's Unlimited](#) article '[Helping patients escape chronic pain in St Helens](#)' – how ESCAPE-pain is being spread in the North West with the support of the North West Boroughs Healthcare NHS Foundation Trust, St Helens Borough Council and the local AHSN, the Innovation Agency (North West Coast)
- Everybody Active blog post - mentioned ESCAPE-pain in relation to [World Arthritis Day](#)
- Arthritis Action article '[ESCAPE-pain speak at Kent group](#)'
- NHS Innovation Accelerator (NIA) article '[top 10 stories and insights](#)'
- Great Western Hospitals NHS Foundation Trust article '[Physiotherapists share advice and support for local people with hip and knee pain](#)'.

## Videos

- Physiotherapy colleagues from South West Yorkshire Partnership NHS Foundation Trust share their experiences of the ESCAPE-pain programme, how it benefits people with chronic joint pain and encourages them to self-manage their condition. Watch their [video here](#)
- Better Care for Osteoarthritis - [watch this promotional video](#) produced by one of our leisure sector providers, Everybody Sport & Recreation Limited, to see what their participants are saying about the programme.

## Endorsements

- We are delighted that ESCAPE-pain is mentioned in the [NHS Long Term Plan](#) launched on Monday 7th January 2019. [Read our response here](#)
- ESCAPE-pain features prominently as a case study in the NIA report '[Understanding how and why the NHS adopts innovation](#)'
- NHS RightCare held a 'Northern Musculoskeletal Collaborative Launch Event'. The Northern Musculoskeletal Collaborative Programme is a regional approach to transformation in elective MSK care. ESCAPE-pain is included in their delivery pack.

## Journals and publications

- Agility – Chartered Physiotherapists working with older people - Autumn/Winter 2018 edition '[Tackling inactivity in older adults with chronic joint pain through community and leisure partnerships](#)'

- Frontline – Chartered Society of Physiotherapy magazine - Volume 25, Issue 2, Pages 8-9 - article on the NHS Long Term Plan and references to ESCAPE-pain.

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## Specialist Training Programme of the year

The Active Training Conference and Awards, supported by CIMSPA and sponsored by Active IQ was put on to celebrate the success of the activity workforce and the very best of Learning and Development within the sector.

We are so honoured to have received the Specialist Training Programme of the Year award amongst such fantastic finalists.

The Specialist Training Programme of the Year award (one of 11 award categories) aimed to bring together and celebrate education and training programmes that enable physical activity professionals to support targeted/underrepresented groups.



Specialist Training Programme of the Year



Ruth Shaw and Margaret Connolly, Health Innovation Network, accepting the Specialist Training of the Year award on behalf of the ESCAPE-pain team. Active Training Awards and Conference, November 15, 2018, Birmingham.

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## ESCAPE-pain training recognised by REPs

We are pleased to announce that the ESCAPE-pain training programme is now recognised by the Register of Exercise Professionals (REPs) and endorsed by PD:Approval. The course is now on the REPs portal, if you are a member of REPs at the time of completing the course, you can claim your 7 CPD points by logging into the portal. Unfortunately we are unable to allocate REPs CPD points prior to recognition (4 December 2018).



The training programme is also recognised by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

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## Become an ESCAPE-pain trainer

We are looking to expand our training team to deliver the ESCAPE-pain facilitator training across the UK. Successful applicants will deliver the ESCAPE- pain training course to clinicians and exercise instructors who will then go on to implement the programme. Trainers will be expected to travel to the training venue and assist with

set up prior to the course and be available at the end of the day to answer any remaining questions from participants.

Successful candidates will receive training and support prior to delivering the training.

**Commitment:** Deliver a minimum of 1 course per quarter

**Pay:** Band 7 (administrative)

**Pre-qualifications:** This opportunity is open to exercise instructors and clinicians that have completed the ESCAPE-pain facilitator training themselves and have delivered the course to at least one cohort.

Please send your CV and expression of interest to [hello@escape-pain.org](mailto:hello@escape-pain.org) by **1st February 2019**.

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### Joint Pain Advice (JPA) in the workplace

Joint Pain Advice in the Workplace is one of 19 initiatives across the UK selected to receive funding from the Work and Health Challenge Fund. The Work and Health Challenge Fund aims to test potential solutions which help people with disabilities and health conditions to remain in work. The Work and Health Challenge Fund is part of a wider Innovation Fund managed by the Work and Health Unit. The joint Work and Health Unit was set up by the Department for Work and Pensions (DWP) and the Department for Health and Social Care (DHSC).

JPA was developed by the (Health Innovation Network) HIN and is an innovative approach to help people understand and manage their knee, hip and/or back pain through education and exercise, teaching people how to self-manage, control their symptoms and alter the course of their condition. It meets the requirements of NICE Guidance. The model takes the form of up to four sessions, usually half an hour at a time, over a six month period. It can easily be incorporated into existing musculoskeletal or occupational health services and its flexibility means it can be delivered by a wide range of professionals within community, workplace and clinical settings.

Working alongside our colleagues at the Bone and Joint Research Group at the Royal Cornwall Hospitals NHS Trust, the funding received will allow us to roll Joint Pain Advice out into a number of workplaces to explore how to support people who have joint pain stay well in work.

For more information about JPA please contact [sally.irwin1@nhs.net](mailto:sally.irwin1@nhs.net)

**Please note:**

The Joint Pain Advice model of care involves a series of 1:1 consultations. This is different to ESCAPE-pain which is a group rehabilitation programme, running over 5 - 6 weeks. The two interventions sit well together in an MSK pathway, with patients referred from one intervention to the other as appropriate.

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### ESCAPE-pain sites

Please visit our [site map](#) to see where ESCAPE-pain is running nearest you.

## ESCAPE-pain facilitator training

For the latest training dates and locations please visit our [website](#).



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