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.

In this edition:

- Join our sessional training team as an ESCAPE-pain trainer
- NHS Innovation Accelerator (NIA) Fellowship
- ESCAPE-pain shows a positive ROI of £
- ESCAPE-pain and Joint Pain Advisor featured in the Telegraph
- ESCAPE-pain app and web app
- ESCAPE-pain now available in Malaysia
- ESCAPE-pain facilitator training course: new dates
- ESCAPE-pain participant feedback
- Updates on Joint Pain Advisor (JPA)
- Back Pain Forum: Save the Date
- 'I can't do that!' Taking the fear out of exercise and chronic pain: A learning event for fitness instructors: Save the Date

Join our sessional training team as an ESCAPE-pain trainer
We’re looking for sessional trainers to teach clinicians and exercise instructors how to deliver the ESCAPE-pain programme.

Find out all the details and who to contact here: [www.escape-pain.org/](http://www.escape-pain.org/)

Closing date: March 7, 2018

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**NHS Innovation Accelerator (NIA) Fellowship**

Professor Mike Hurley has been awarded a Fellowship joining the prestigious 2017 [NHS Innovation Accelerator](https://www.nhsinnovation.org) (NIA) to increase national spread of the ESCAPE-pain programme along with 10 other healthcare innovations. The fellowship will last one year and will be supported by a host of industry and healthcare professionals. Read the Health Innovation Network's press release [here](https).

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**ESCAPE-pain shows a positive ROI of £5.20 for every £1 spent**
ESCAPE-pain has been recommended by Public Health England (PHE) as a preferred intervention for musculoskeletal management - their report titled, 'Return on Investment Interventions for the Prevention and Treatment of Musculoskeletal Conditions' shows the programme has a positive financial ROI of £5.20 for every £1 spent.

ESCAPE-pain and Joint Pain Advisor featured in the Telegraph
On World Arthritis Day (12 October 2017) the Joint Pain Advisor and ESCAPE-pain were featured in a Daily Telegraph supplement called Arthritis Awareness. Under a feature headlined ‘The MSK Revolution underway at a GP near you’, the pathway approach is illustrated using a case study, shown above.

ESCAPE-pain app and web app

Thank you to those who have provided feedback about our app since it launched last 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 are finalising a ‘webapp’ which will make the app available on a computer or laptop. This should be completed in the coming months and will be linked to the main ESCAPE-pain website.

ESCAPE-pain now available in Malaysia!

The Feasibility Randomised Controlled Trial of ESCAPE-pain is being implemented in the Malaysian Healthcare context for patients with Knee Osteoarthritis. Read more about the clinical trial here.

ESCAPE-pain facilitator training course: new dates

Since we launched our training packages in early 2017, over 150 clinicians and fitness instructors have been trained. Please click on the below training dates for more details and to register your place.

Register to attend on Tuesday 6 March 2018

Register to attend on Tuesday 10 April 2018

Register to attend on Friday 18 May 2018

Register to attend on Thursday 7 June 2018

ESCAPE-pain participant feedback
We continue to share participant feedback 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. Please do share your feedback with us!

**Updates on Joint Pain Advisor (JPA)**

**Soon to launch in London Borough of Merton**

A Joint Pain Advisor service will launch in Merton March 2018. We are testing a new delivery model using Outreach teams from AGE UK Merton, local charity Wimbledon Guild and Central London Community Health Case Management Service to help people to self-manage their knee, hip or back pain in home settings. A large number of clients supported by these organisations experience joint pain; upskilling their existing outreach teams in MSK health and pain management will enable them to provide much needed support alongside existing health and wellbeing services offered that are complementary to managing joint pain e.g. diet, activity, smoking and alcohol reduction in addition to signposting to further services if needed. The pilot will run for one year.

**Shropshire launches Joint Pain Advisor**

Help2Change in Shropshire supports people to make healthier decisions and take control of their health. In December it launched a Joint Pain Advisor service from its mobile clinic delivered by Health Advisors and Social Prescribing Navigators. Next month the service will be also trialed at a GP surgery.
London Borough of Greenwich study is ready for evaluation

We are currently evaluating our Greenwich pilot delivered by Health Trainers from Charlton Athletics Community Trust and Public Health in community settings. The pilot ran from March 2017 to January 2018 and supported 85 people with knee, hip or back pain. A full evaluation is available March 2018 but initial results show:

- A significant increase in number of days physically active from 3 to 5 days per week
- A significant increase in functionality based on 'sit to stand' measurements: from 6 (below average) to 12 in 30 seconds
- Self-reported reduction in pain and pain medication
- Self-reported increase in wellbeing through improvements in diet and participation in social activities/hobbies.

For information on Joint Pain Advisor contact:
Amy Semple, Senior Project Manager via email: a.semple@nhs.net or visit our website.

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**Back Pain Forum: Save the Date**

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:** April 24, 2018  
**Time:** 10.00 - 13.00  

Register to attend

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'I can't do that!' Taking the fear out of exercise and chronic pain:  
**A learning event for fitness instructors: Save the Date**

Do you receive referrals for exercise from a health professional (i.e. GP or physio)?  
Do you work with clients with chronic musculoskeletal pain / back pain?

If **YES** join us for an afternoon of myth busting and learning about exercise and chronic pain.

**Date:** April 24, 2018  
**Time:** 14.00 - 16.30  

Register to attend

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