

Newport Health Centre: Supporting chronic pain patients on the Isle of Wight through ESCAPE-pain

ESCAPE-pain is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant.

escape pain

Newport Health Centre is part of the Central West Primary Care Network (PCN) on the Isle of Wight.

Dr Dominic Breen-Turner is a GP and has been working with Health and Wellbeing Coach Peter Locans to implement the ESCAPE-pain programme on the Isle of Wight.

4 out of 5 found doing everyday activities

much easier

(by 25%)



How and why was ESCAPE-pain commissioned?

Newport Health Centre was experiencing difficulty managing patients with chronic pain and wanted to reduce opioid prescriptions, but had limited alternatives.

ESCAPE-pain allowed Newport Health Centre to deliver better support more efficiently, as it helped people self-manage their knee, hip and back pain by increasing participation in physical activity.

Newport Health Centre utilised health and wellbeing coach (HWBC) funding via the PCN's 'Additional Roles Recruitment Scheme', as well as the 'Training and development fund', to recruit coaches who focused on managing chronic pain using ESCAPE-pain.

Programme implementation and delivery

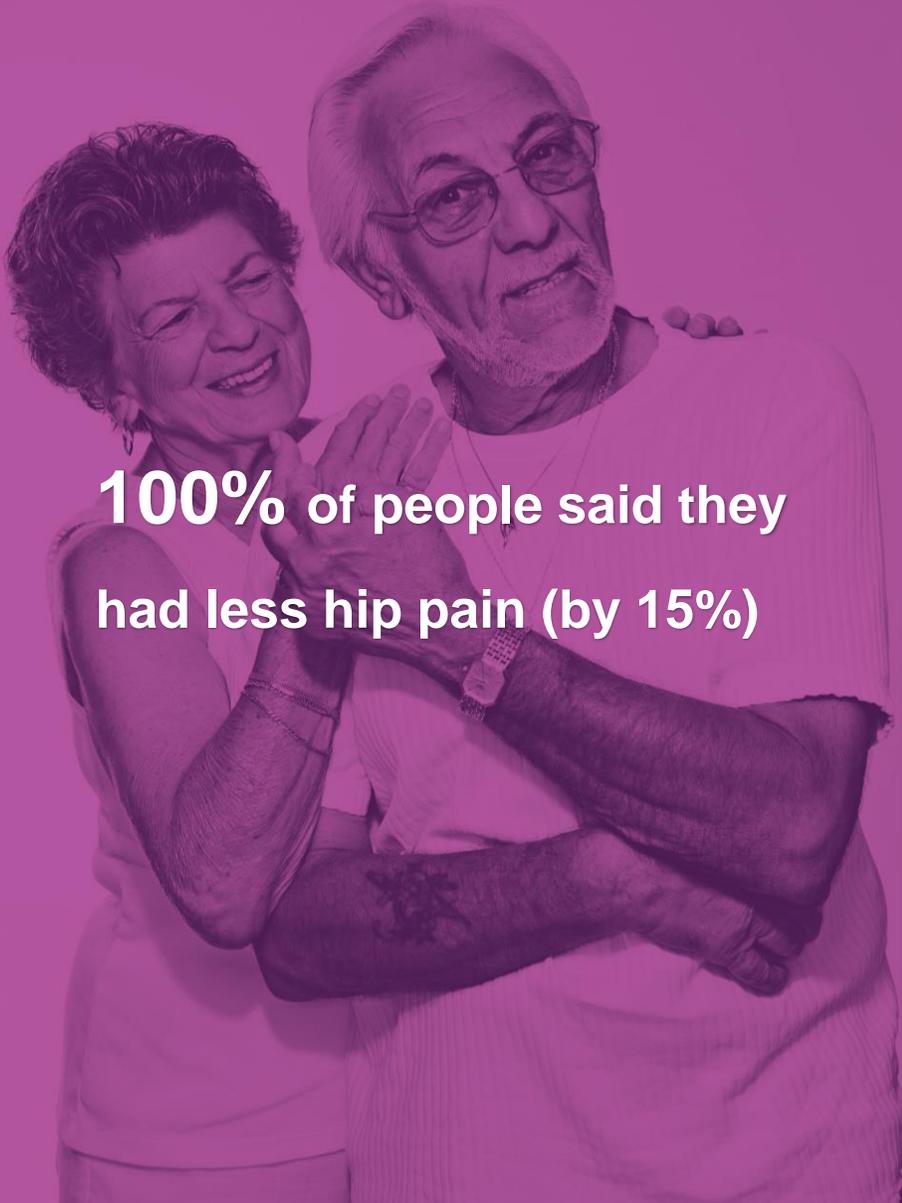
Coaches were trained to deliver the ESCAPE-pain programme. They worked with Practice staff to ensure referrals were eligible, identified venues and equipment needed, and gained experience working with chronic pain patients, so they could better support them.

To raise awareness and promote ESCAPE-pain they:

- created videos of the programme being delivered
- published articles in local papers
- advertised on local radio

Newport Health Centre now deliver ESCAPE-pain at three community centres on the Isle of Wight, for which participants pay a £1 joining fee to cover the cost of venue hire.

ESCAPE-pain is now an important component of the health and wellbeing coaches' role and, with very little overheads to deliver the programme, ESCAPE-pain is now a sustainable and successful intervention the PCN can offer their patients.



**100% of people said they
had less hip pain (by 15%)**

Key lessons learned

- ✓ The education element of the ESCAPE-pain programme is invaluable.
- ✓ Offering a “taster” of the programme helps people understand that exercise is safe, manageable and enjoyable.
- ✓ People realise what they can accomplish through physical movement, and the importance to change the narrative toward what patients can do, not what they can't.

Impact

For people with knee pain who completed an ESCAPE-pain programme:

- 50% of people said they had less knee pain (by 10% on average)
- 4 out of 5 found doing everyday activities much easier (by 25%)
- 50% people said their quality of life improved (by a third)

For people with hip pain who completed an ESCAPE-pain programme:

- 100% of people said they had less hip pain (by 15% on average)
- 100% found everyday activities much easier (by almost 20%)
- A third of people said their quality of life improved (by 10%)

escape pain

“Delivering ESCAPE-pain is something the team are really proud of. It has really gained momentum and interest over time.... It's a great opportunity to diversify what we are offering primary care.”

- Dominic Breen-Turner, GP, Newport Health Centre



The screenshot shows the ESCAPE pain website. At the top, there is a small grey button that says "Press to start the video". Below this is the "escape pain" logo, where "escape" is in blue and "pain" is in orange. Underneath the logo, there are two columns of text. The first column identifies Dominic Breen-Turner as a GP at Newport Health Centre. The second column identifies Peter Locans as a Health and Wellbeing Coach at Newport Health Centre. To the right of the text is a line-art illustration of a person sitting on the floor with their legs raised and arms behind their head, in a relaxed pose.

[Click here to watch the video case study](#)