

## ESCAPE-pain response to the NHS Long Term Plan

We are delighted that ESCAPE-pain is mentioned in the NHS Long Term Plan.

NHS England has fully endorsed ESCAPE-pain and is supporting the spread and adoption of the programme via the Academic Health Science Network (AHSN) and the NHS Innovation Accelerator (NIA) programme. We look forward to continue working with NHS England to expand access to both the programme and its app and online digital resources.

Although our digital resources are useful in supporting people who are attending, or have attended, the face-to-face ESCAPE-pain programme, we have not evaluated the app or the online programme, and so do not know how effective they are. There is good reason to believe they may not be as effective:

1. ESCAPE-pain helps people to understand exercise is a safe and effective way to manage their joint pain, changing deeply entrenched, erroneous health beliefs and behaviours requires ongoing support and encouragement, which ESCAPE-pain online and the app cannot provide.
2. Formal qualitative evaluation (Hurley et al. 2010) and anecdotal feedback from programme participants clearly demonstrate that the interaction, support, encouragement and motivation people gain from other programme participants and the supervisor is a major reason for the effectiveness of the programme.

For these reasons, we do not envisage the ESCAPE-pain digital resources ever becoming a suitable replacement for the face-to-face programme.

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The ESCAPE-pain programme is an intervention for people with knee osteoarthritis developed by Professor Mike Hurley. The programme is hosted by the Health Innovation Network and supported by NHS England and Versus Arthritis.