

# A multi model delivery approach via the Tyneside Integrated Musculoskeletal Service (TIMS)

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The Newcastle/Gateshead model



# ESCAPE PAIN

TYNESIDE INTEGRATED MUSCULOSKELETAL SERVICE

# HISTORY

## **JANUARY 2018**

Unsuccessful bid to deliver Escape Pain through Sport England

## **APRIL 2018**

Discussions with AHSN and Health works to explore other models of service delivery for Escape pain

## **OCTOBER 2018**

Opportunity to deliver Escape Pain as part of an integrated MSK pathway in TIMS

1<sup>st</sup> Escape pain cohort delivered by Health works in the West End of Newcastle

## **FEBRUARY 2019**

Escape pain in Deckham Village Hall

## **MARCH 2020**

Escape pain is fully integrated in the TIMS service across Newcastle and Gateshead



## CURRENT SITES

### NEWCASTLE

**Mollineux health centre**

**Freeman Hospital**

**West End resource centre**

### GATESHEAD

**Deckham Village Hall**

**St Josephs, Blaydon**



# SUPPORT NETWORKS

## **AHSN**

**Crucial at the outset to support conversations with potential partners and stake holders**

**Funded and provided training for Health Works staff, TIMS associate practitioners and TIMS clinicians**

**Escape pain resources – leaflets/posters/banners/video/ teaching resources**

**Funding – 1 year payment for Deckham Village Hall rental**

## **Health works**

**Provided staffing and room free of charge for 8 months**

**( asked for charitable donation from patients)**

## **Older Peoples Assembly**

**Supported TIMS with room rental at a subsidized fee at Deckham Village Hall**

# DELIVERY MODELS

**Leisure staff delivering in leisure facility**

**Leisure staff delivering in village hall**

**TIMS staff delivering in clinic- community and hospital**

**TIMS staff delivering in a village hall**



# CHALLENGES

## Engagement of physiotherapists

- LL pathway met with Escape pain team
- Cascading of information at staff meetings and IST
- Regular communication with staff via e mail/sharing outcomes and positive stories
- Band 5 to attend escape pain training

## Gaining commitment from patients

- Providing escape pain leaflets
- Sharing positive stories from previous participants
- Providing additional sites with variety of times to offer more patient choice

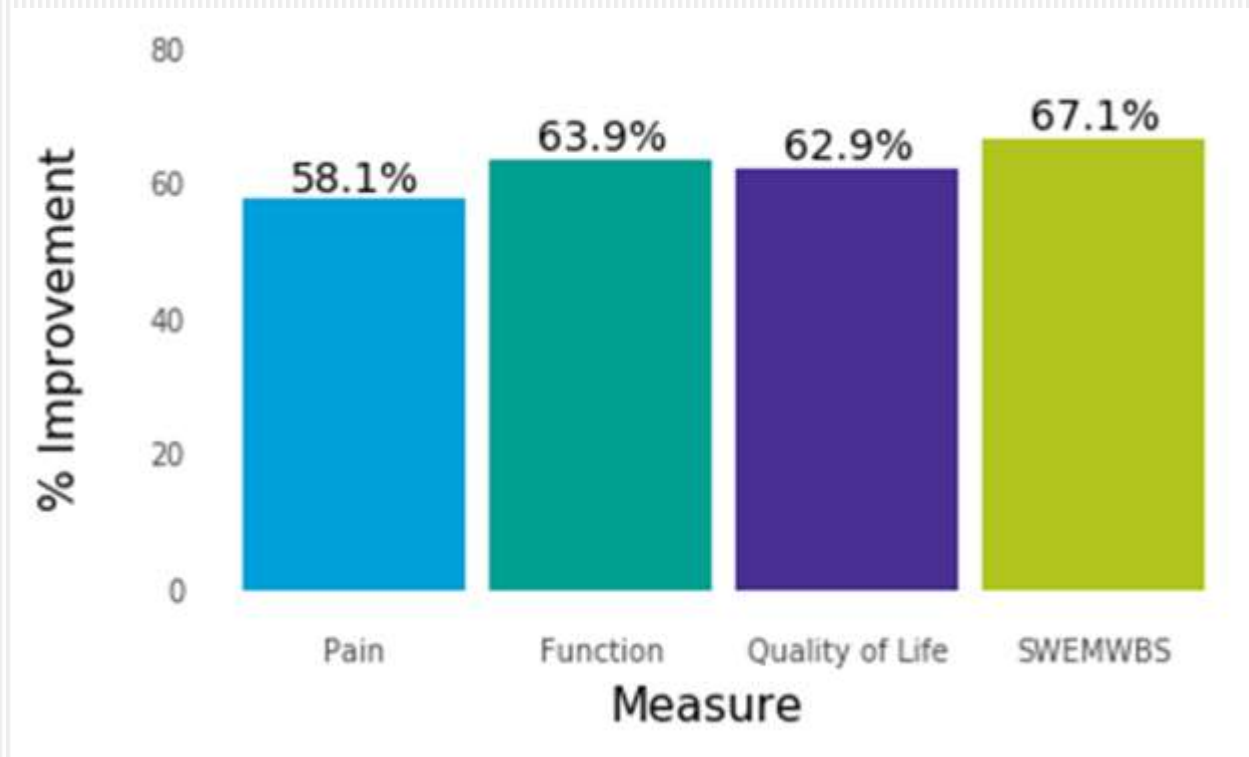
## Educating staff re appropriate referrals

- Direct feedback to individual staff re appropriate referrals
- Feedback in staff meetings





## PROPORTION OF PATIENTS WHO IMPROVED AFTER COMPLETING ESCAPE PAIN PROGRAMME



# FUTURE

**Self referral of patients into ESCAPE pain**

**Develop information on TIMS website:- video, patient stories, class information**

**Training for band 5 staff to deliver escape pain**

# PATIENT'S COMMENTS

- ***Well run programme, fun and educational. Instructor was very knowledgeable, friendly and encouraging. Beneficial to my confidence and mobility.***
- ***“For the past 6 weeks my confidence and knees improved 100%. Many thanks for support and motivation.”***
- ***“I have already recommended this service to some of my friends. It has helped me a great deal, my pain has not gone away but is a lot better. I manage the stairs much better, not going one stair at the time now. This alone is a big step forward for me.”***
- ***“I have watched the group around me grow in confidence and ability to complete the activities and take on new challenges. It has been a very friendly group and we have helped each other. The facilitator was firm but very fair, explaining each challenge and activity, giving alternatives and encouraging us as a group to question and challenge ourselves.”***
- ***“Well facilitated course. Useful ideas about exercise. Enjoyed being in the group. Learned useful information regarding my condition.”***
- ***“Pleased to have attended this course. Teacher was very patient, understanding and encouraging. I achieved some improvement and am glad to have opportunity to carry on with exercise elsewhere.”***