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Outline

- Policy context
- Epidemiology of pain and disability in the UK
- Challenges of a fragmented system
- Opportunities for integration
- Boro Live Well Centre case study **#UTB**

Quintuple aim – NHS Long Term Plan

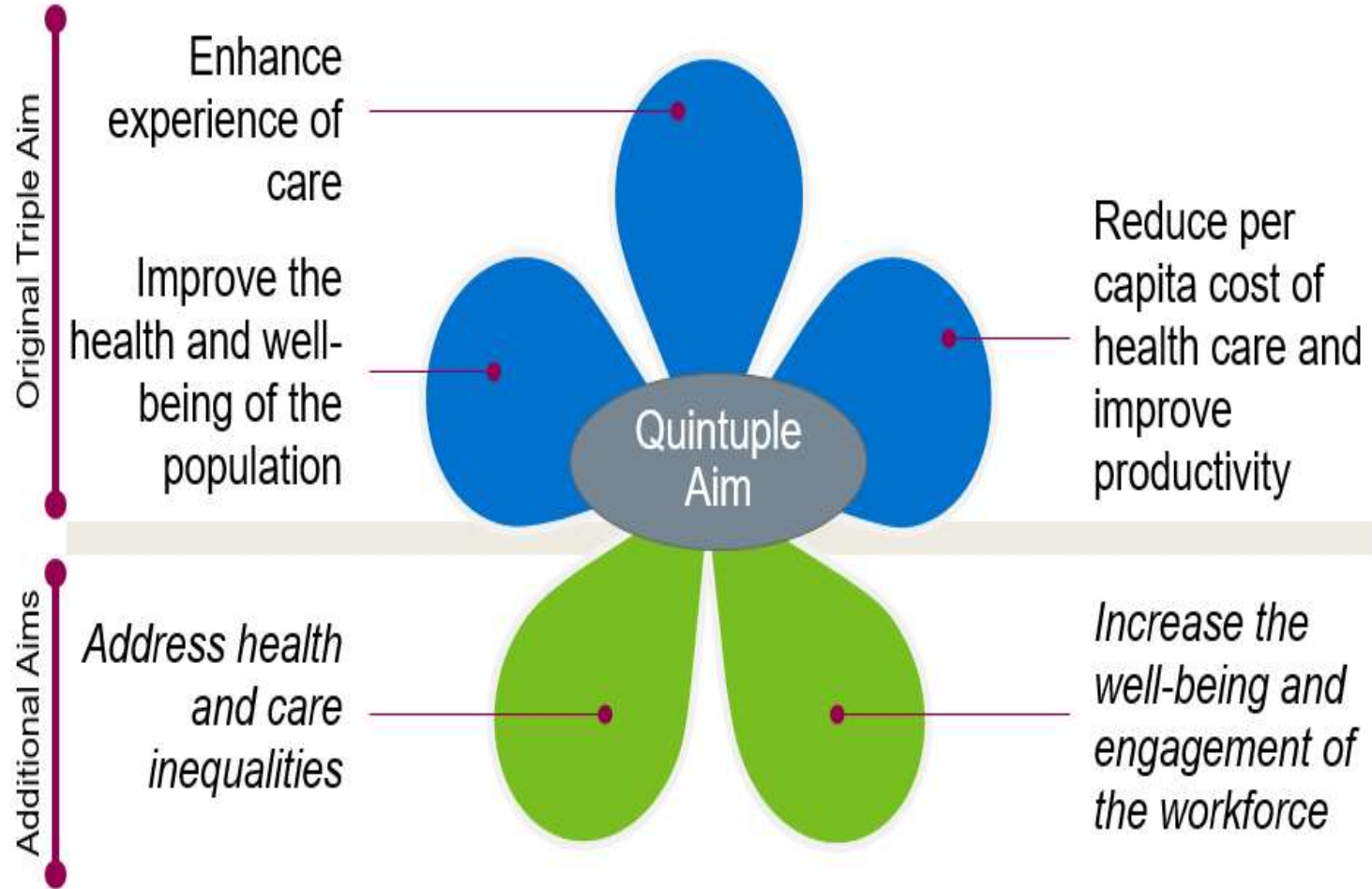
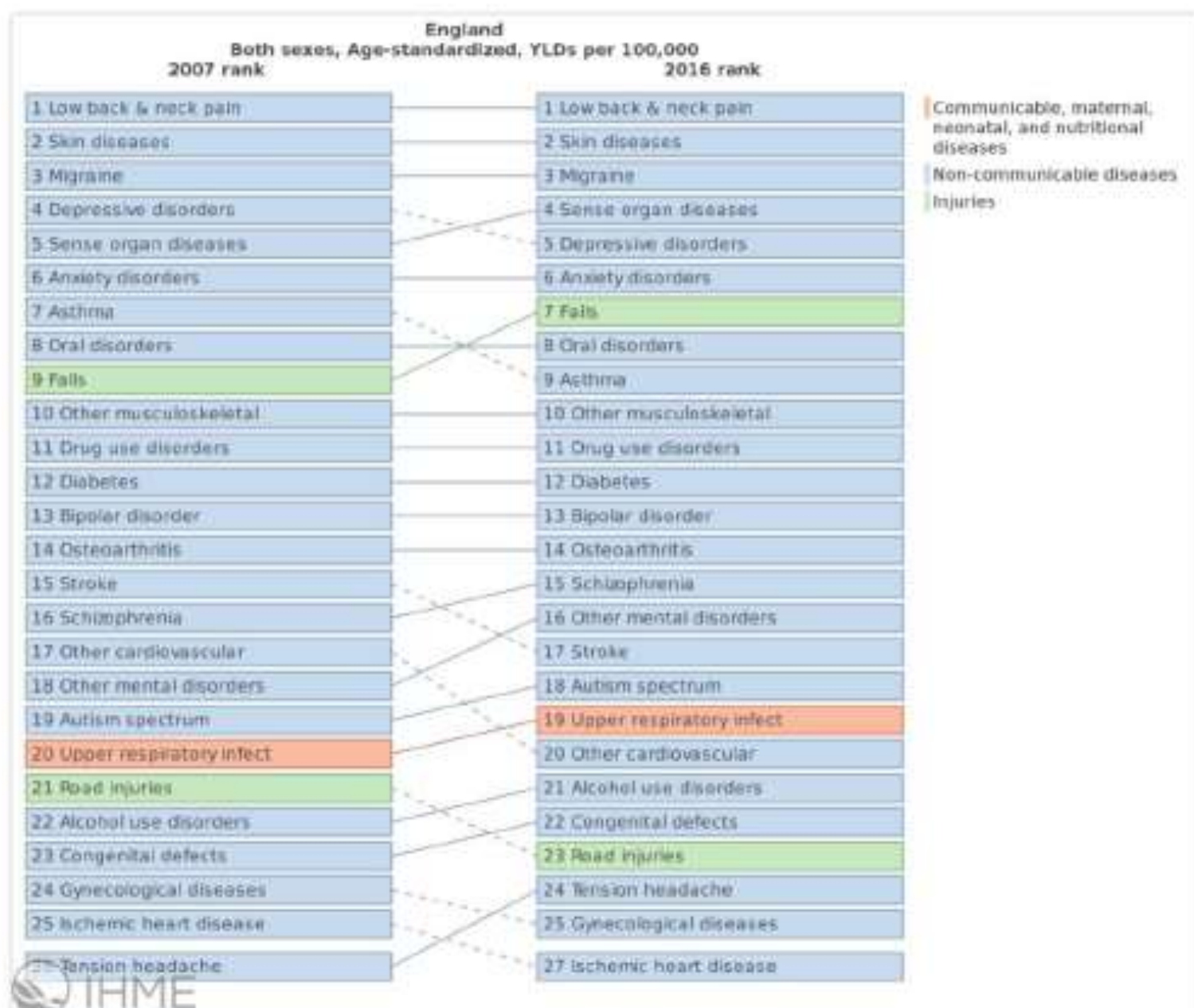


Figure 5: Causes of morbidity in England ranked by YLD per 100,000 age-standardised

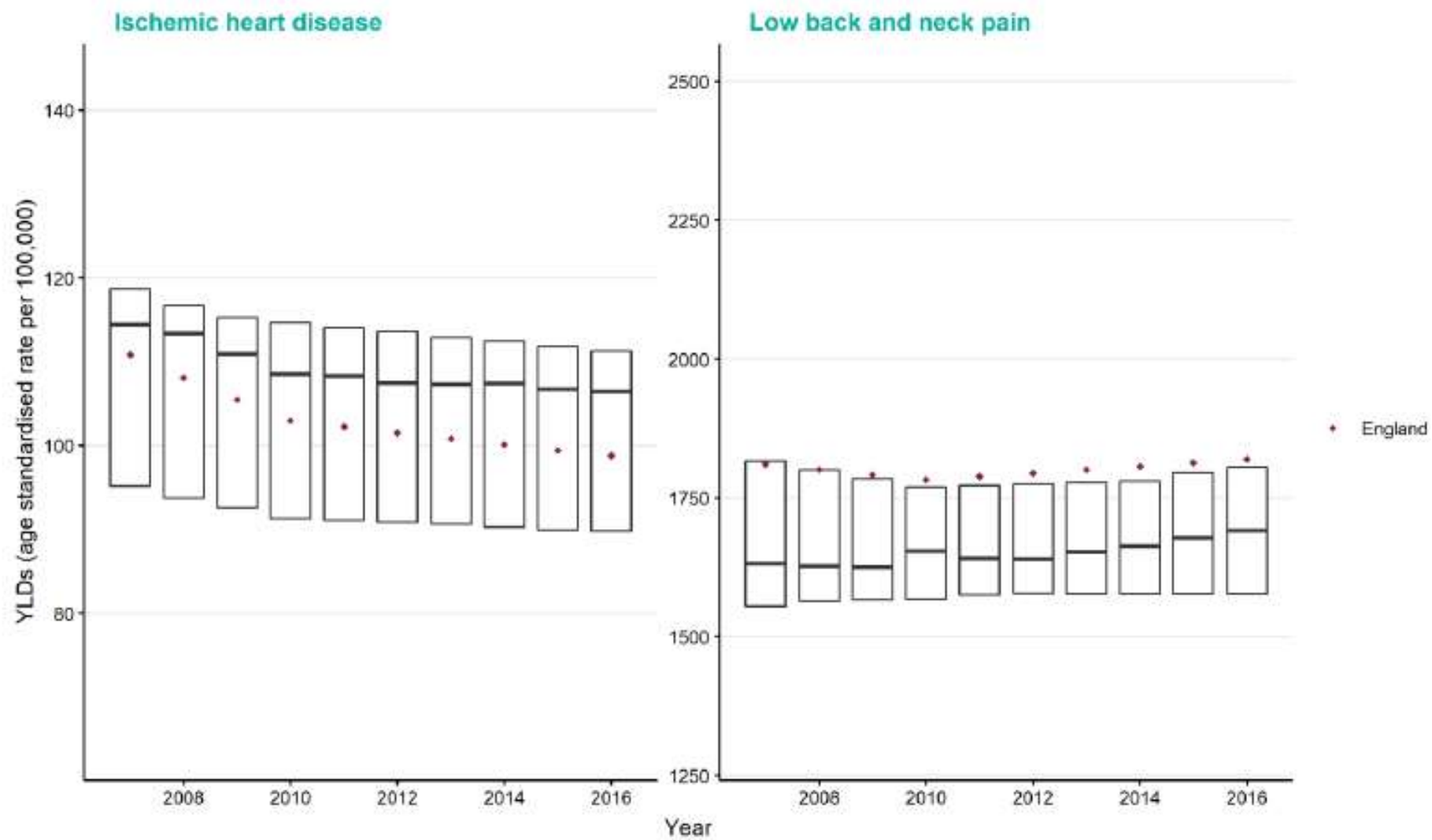


GBD Key stats

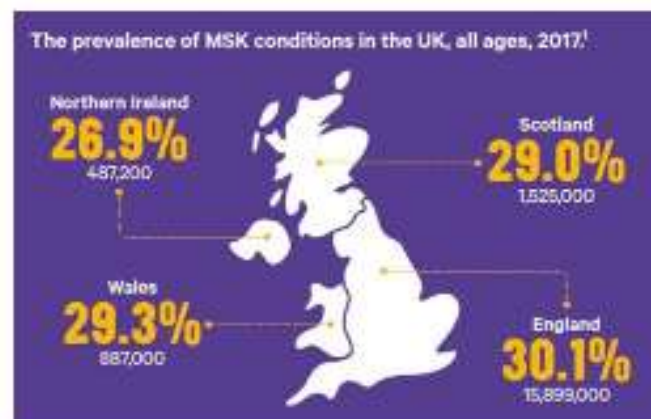
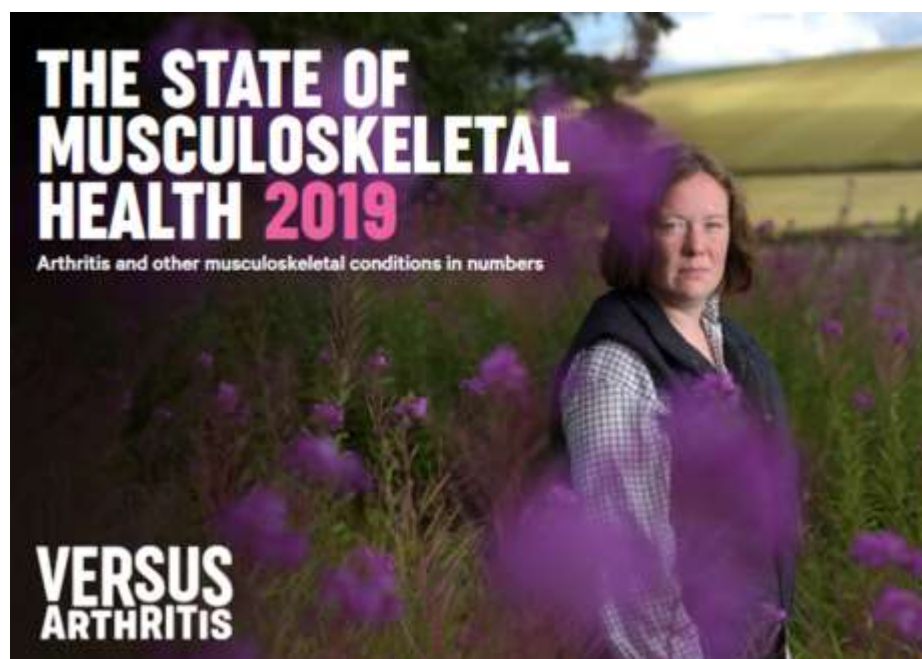
The paper also presents estimated absolute numbers of incident and prevalent cases and looks at the change between 2007 and 2016. These are summarised in Table 1 in the appendix. To summarise:

- GBD estimates about 3m people in England with ischaemic heart disease and stroke in 2016 (QOF is very similar), and 400,000 new cases a year
- GBD estimates around 14 million people suffered with musculoskeletal disease in 2016 with 8 million new cases per year
- GBD estimates around 2.6 million people with COPD – this far exceeds the QOF estimate of 1.1 million, likely due to under-detection and differences in case-definition
- the absolute number of both incident and prevalent cases of most conditions has increased since 2007

Figure 9: Trend in morbidity



What is the scale of the problem?



MSK Health and impact

Musculoskeletal conditions are a costly and growing problem



Prevalence of MSK conditions is being fuelled by our ageing population and rising levels of physical inactivity and obesity



Each year 20% of people in the UK see a doctor about a MSK problem



The NHS in England spends **£5 billion each year** on treating MSK conditions

VERSUS ARTHRITIS

Versus Arthritis position statement on the Clinically-led Review of NHS Access Standards

November 2019

National targets for elective care, cancer care, urgent & emergency care and mental health are currently being considered by NHS-England (NHS-E) through the Clinically-led Review of NHS Access Standards. Versus Arthritis believes that people should have access to joint replacement surgery within timeframes that are likely to be most effective.

Policy Position



Social care services for people with arthritis and musculoskeletal conditions

Social care services are a key form of support that can enable people with arthritis and musculoskeletal conditions to maintain their quality of life.

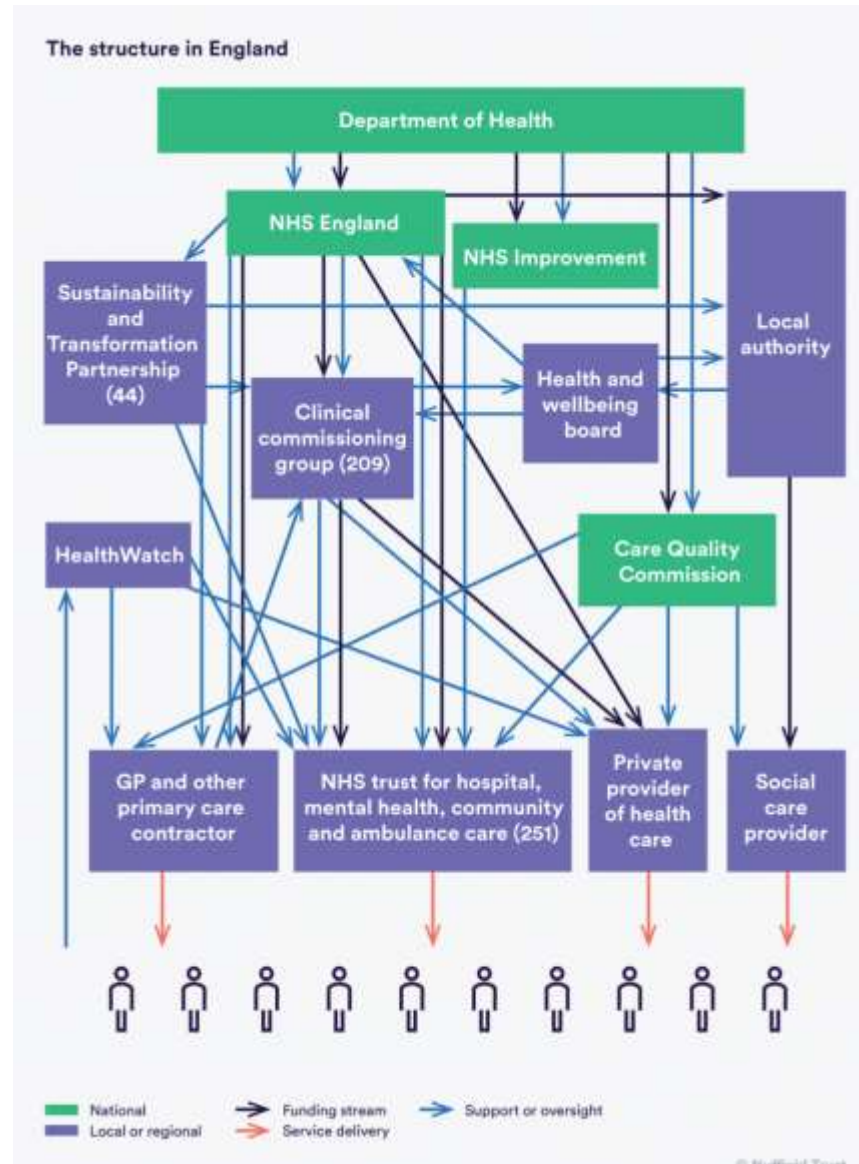
Providing
physical activity
interventions
for people with
musculoskeletal
conditions

Key summary of burden of disease from MSK

Large numbers of people live with musculoskeletal conditions:

- Over 10 million people live with the devastating pain of a musculoskeletal condition across the UK. Painful musculoskeletal conditions are now the largest single cause of years lived with disability (YLDs) and the third-largest cause of disability adjusted life years (DALYs).⁴
- A third of people over 45 years of age across the UK (8.75 million people) have sought treatment for osteoarthritis, the most common form of arthritis.⁵
- 1 in 5 adults over 45 years of age in England have knee osteoarthritis and 1 in 9 adults have osteoarthritis of the hip.⁶
- Around 9 million people in England have persistent back pain; of which 5.48 million experience severe back pain.⁷
- Over 400,000 adults in the UK have rheumatoid arthritis.⁸
- More than 98,211 hip replacement procedures and 104,695 knee replacements were undertaken within the NHS in 2015 alone.⁹
- The National Hip Fracture Database estimates 64,102 people presented with a hip fracture in 2014.¹⁰
- 14,000 people die each year following a hip fracture in the UK.¹¹

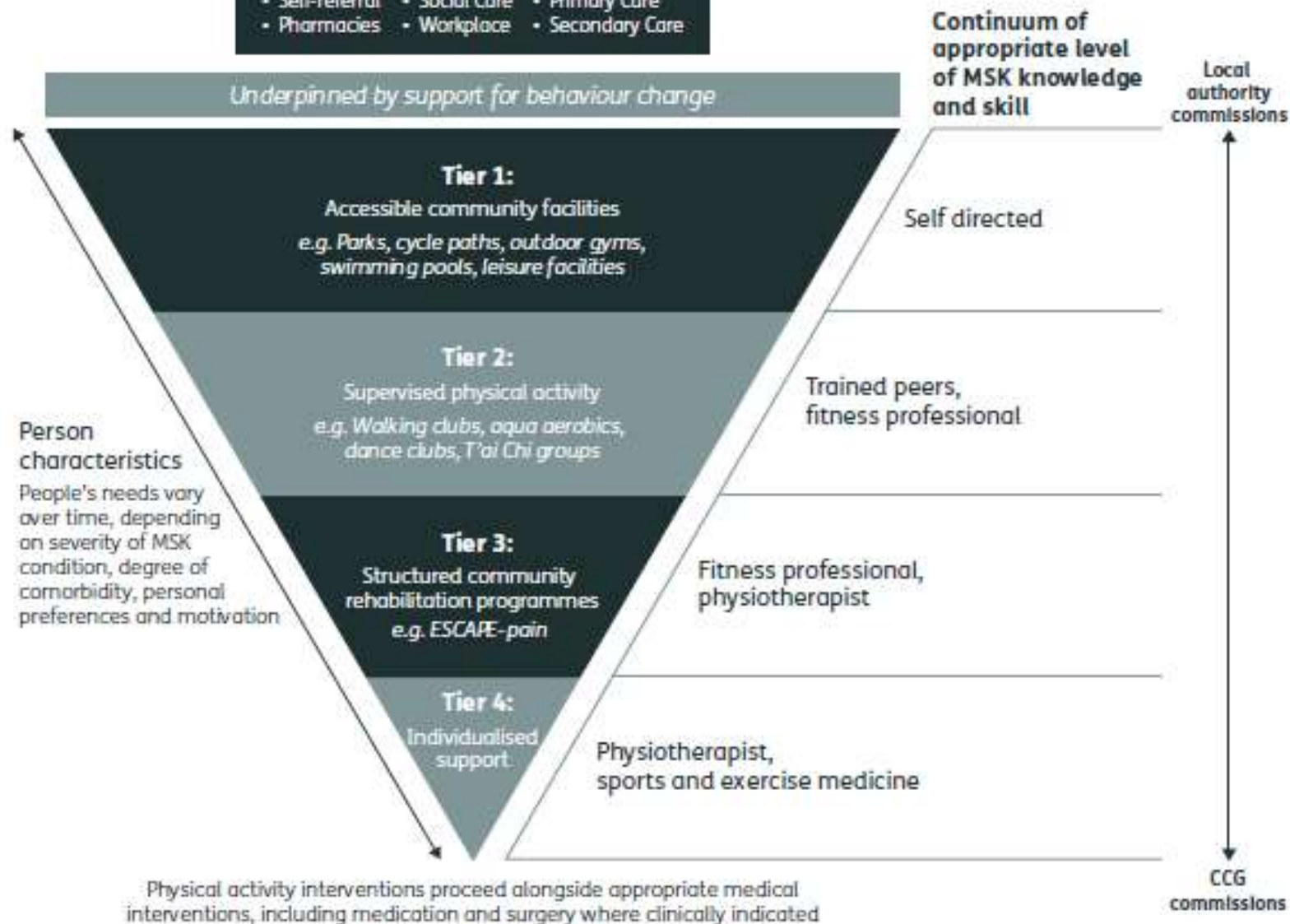
Fragmented system



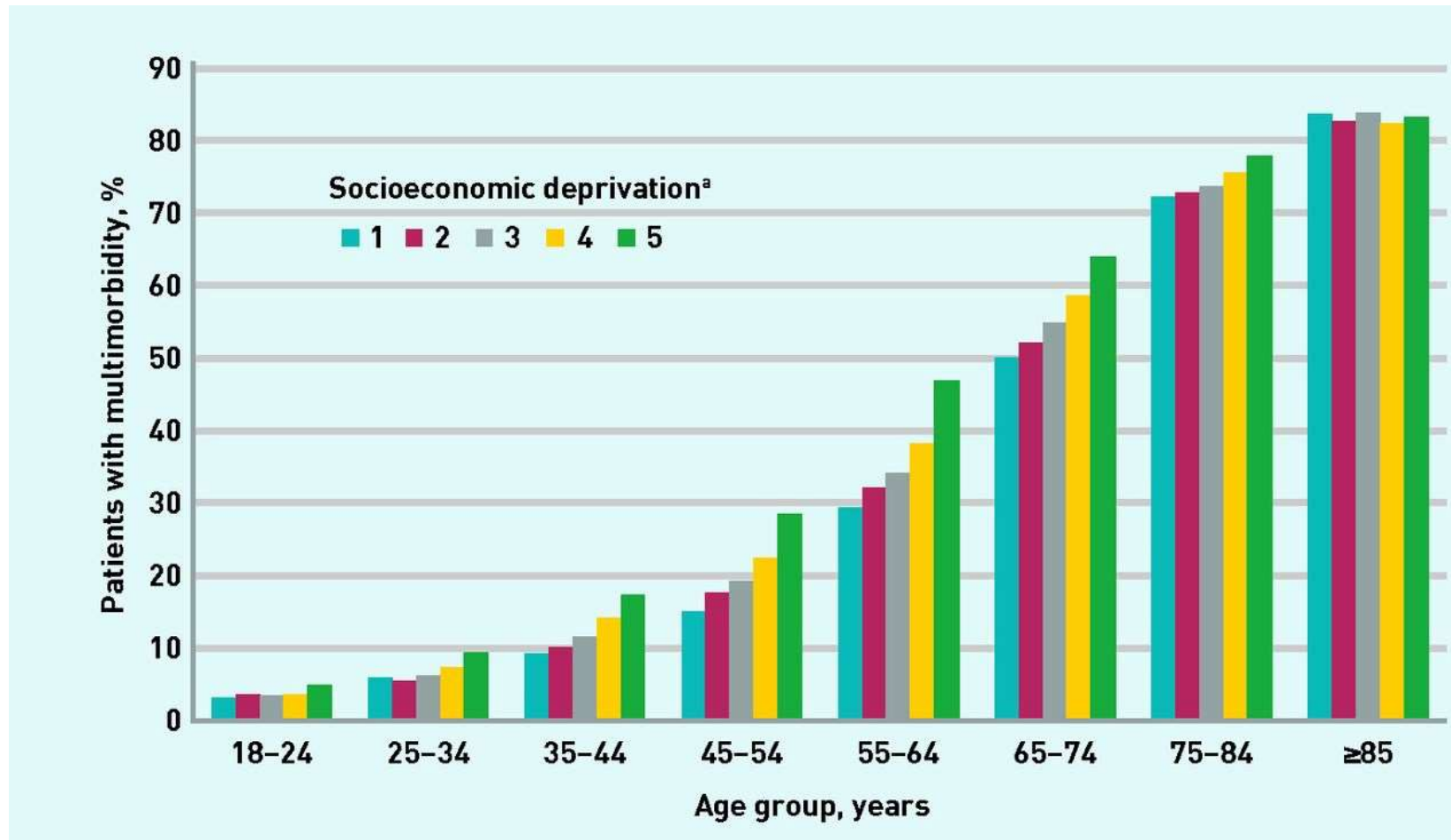
Commissioning physical activity provision for people with musculoskeletal conditions

Signposting & referral, e.g.

- Self-referral
- Social Care
- Primary Care
- Pharmacies
- Workplace
- Secondary Care



Single disease pathways vs patients with multi-morbidity



New approaches, emperor's new clothes and opportunities

- Lifestyle medicine
- Social prescribing
- Primary, secondary and tertiary prevention
- Rehabilitation prescriptions
- First contact physios

Feature

Lifestyle medicine: a new medical specialty?

BMJ 2018 ; 363 doi: <https://doi.org/10.1136/bmj.k4442> (Published 25 October 2018)

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The Live Well Centre – case study



The wellness approach and ethos





Prep-well programme



Prep-well programme





Winning local awards



And national awards

