

What happens next?

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National Programme

- End of NHSE funded element (April 2018 - March 2020)
- Over the next 6 months AHSN NENC support will be reduced
- Regional support:
 - Vicki to continue to provide transitional support in NENC (April – September 2020) vicki@energypotentialnorthumberland.com
- National support:
 - The Health Innovation Network (HIN) will also remain available as a national team and point of contact hello@escape-pain.org

Learning Reports

- Health Innovation Network (HIN) Report [in draft]
- Sport England Evaluation report [in draft]



<https://www.versusarthritis.org/media/14672/escape-pain-the-story-of-scale-up-2019.pdf>

Promotional Materials

A3 poster

Do you have knee or hip pain?

Are you aged 45+?

escape pain

- **FREE** group exercise programme for people to manage knee and hip osteoarthritis and become more active
- All classes take place twice a week for a 6-week period - groups start and end together
- Variety of locations across Newcastle and Gateshead

ESCAPE-pain can help you:

Carry out normal activities		Manage your symptoms		Become more active		Continue to exercise	
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"I am now able to get in and out of the car and chairs with ease, and for this I cannot praise the TIMS team enough."

"In the last 10 months I have gone from being unable to walk for more than 20 minutes without pain to understanding my condition, and recently completed a two-hour walk whilst on holiday."

Contact: Tyneside Integrated Musculoskeletal Service (TIMS)
0191 445 2643 | www.tims.nhs.uk/escape-pain

App available for iOS and Android



Banner stand

escape pain
www.escape-pain.org

Enabling Self-management and Coping with Arthritic Pain using Exercise

ESCAPE-pain is a 6-week group programme, combining education and exercise for people aged 45+ with long-term joint pain of the hip or knee.

The programme can help you to:

			
Carry out normal activities	Manage your symptoms	Become more active	Continue to exercise

To find out more about ESCAPE-pain in South Tyneside please ask your GP or contact:
Age Concern
0191 456 6903

For more information visit:
www.escape-pain.org
ESCAPE-pain app available for iOS and Android



Business cards

escape pain

Do you have knee or hip pain?
Are you aged 45+?

FREE group programme to manage knee and hip osteoarthritis and become more active

PHYSIOTHERAPY
CLINICAL PRACTICE

You must inform HR if you do not attend:
HR@darlington.gov.uk / 01325 405486

None attendance will mean withdrawal from the programme and you may not be eligible to attend again.

Classes are run by Imagine Physiotherapy from Chancery Lane in Darlington.
Tel: 01325 787077

Facilitator Presentation Packs

escape pain

Do you have knee or hip pain?
ESCAPE-pain is a group education and tailored exercise programme for people with hip and knee osteoarthritis.

HOW WILL THE PROGRAMME HELP ME?
After completing the 6-week programme, you will be able to:

- Carry out normal activities
- Manage symptoms
- Become more active
- Continue to exercise

"I started barely able to walk with two sticks and in constant pain. It has taken time, nearly two months, but today I am walking without help and generally pain-free."

"I have benefited 100% from the class. My knee is much improved and I have a training programme to help me with the rest of my life."

ESCAPE-pain can provide:

- Improvements in pain & physical / mental wellbeing
- Increased self-confidence
- Less reliance on medication
- A reduced need for surgery

CLASS DETAILS
ESCAPE-pain is for people aged 45+ experiencing hip and knee pain for more than 3 months. All classes take place twice a week for a 6-week period. You will start and finish as part of the same group.

HOW DO I SIGN UP?
Classes are run at a variety of locations across South Tyneside, enabling you to choose where is best for you.

To find out more and for session dates and times in South Tyneside, please contact:

Age Concern
0191 456 6903

For more information, please visit the ESCAPE-pain website:
www.escape-pain.org

SCAPE-pain app available for iOS and Android

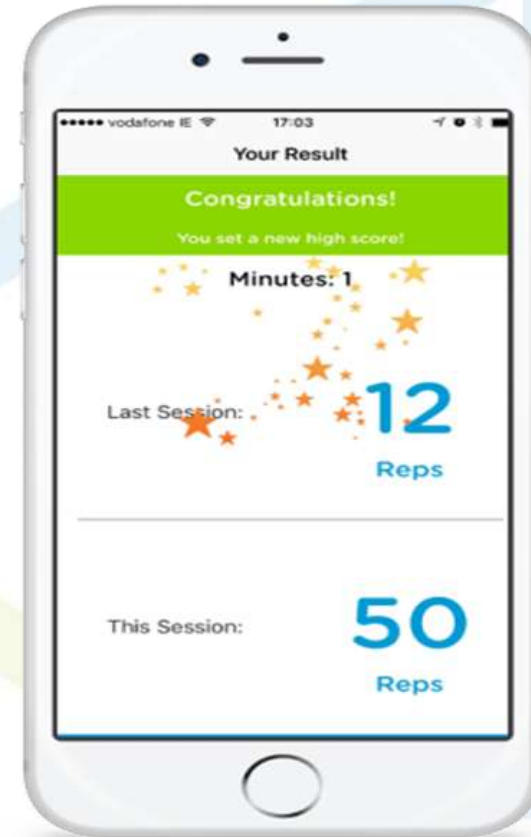
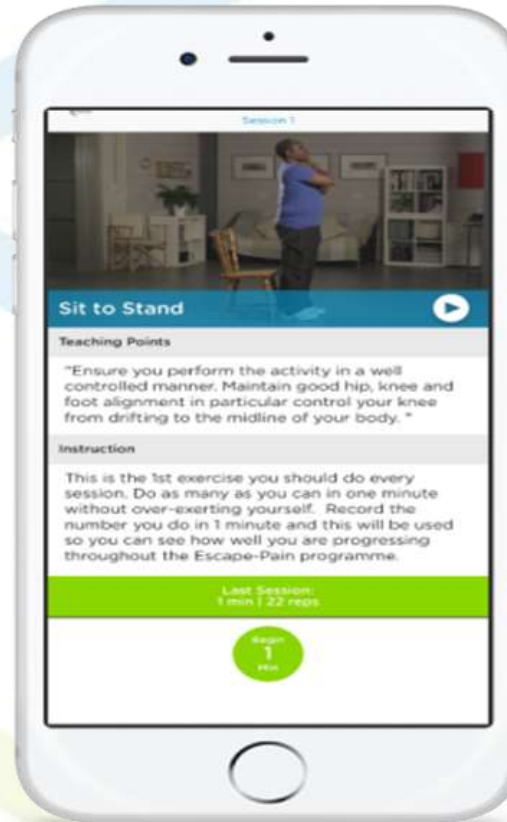
Download on the App Store | GET IT ON Google Play

ACTS age concern | South Tyneside Partnership | NHS South Tyneside (Clinical Governance Group)

VERSUS ARTHRITIS | **hin** Health Innovation Network North East | **NHS RightCare** | **Academic Health Science Network** North East and North Cumbria

SUS RITIS | **hin** Health Innovation Network South London | **NHS RightCare** | **Academic Health Science Network** North East and North Cumbria

ESCAPE pain App



ESCAPE pain Online

- Clear guidance and instructions
- 8x educational videos with helpful self-management techniques
- 16x easy to follow exercise videos

The dashboard features the 'escapepain' logo and navigation icons for 'MY EXERCISES', 'INFO', 'FAQ', and 'ADDITIONAL RESOURCES'. It is divided into three tabs: 'EXERCISES', 'MY PROGRESS', and 'GOAL'. Under 'EXERCISES', it shows 'Completed Questionnaires' with a 'View' button, a 'SCORE: 8' for 'PAIN-HQ' (2018-08-21), and 'PAIN: 15.85% ADL: 17.85% QOL: 25.00%' (2018-08-21). A 'MY GOAL' section states: 'I would like to be able to put my socks and shoes on without assistance.' Below this is a 'WEEK 1' section (23 Jun 2018 - 27 Jun 2018) with a grid of six session cards (1-6), each with an 'Info' icon. 'WEEK 2' (2018/July/28 - 2018/July/31) and 'WEEK 3' (2018/July/05 - 2018/July/11) sections also show session cards.


This page is titled 'Escape-Pain Programme WEEK 1 - Session 1'. It has tabs for 'EXERCISES', 'MY PROGRESS', and 'GOAL'. A checklist on the left shows five completed exercises: 'Sit to stand (1 of 16)', 'Heel slides (2 of 16)', 'Knee wedge (3 of 16)', 'Step ups (4 of 16)', and 'Squats at bar (5 of 16)'. The main content is a video titled 'HAMSTRING STRETCH - STANDING' showing a person performing the stretch. A text overlay says 'You should feel a stretch here' with an arrow pointing to the hamstring area. Below the video, 'Teaching points' state: 'Your lower back should remain in a neutral position (neither arched or rounded) as you bend from the hips. Your front knee should be straight but may bend a little if it feels uncomfortable to stretch with it straight.'

This page shows 'Core exercise - Sit to Stand: your progress'. It explains that progress is measured by the number of Sit to Stand exercises completed. A bar chart shows the number of repetitions over 12 sessions, with values approximately: 1: 0, 2: 0, 3: 25, 4: 0, 5: 25, 6: 25, 7: 25, 8: 25, 9: 25, 10: 25, 11: 25, 12: 25. A 'MY GOAL' section at the bottom states: 'Be able to dress myself fully without assistance'.

ESCAPE Pain Website (HIN)

<https://escape-pain.org/>

Repository of information and resources about the programme e.g. video and research papers


Home About us Living with joint pain Providers Support tools Contact us

Enabling Self-management and Coping with Arthritic Pain using Exercise

ESCAPE-pain is a rehabilitation programme for people with chronic joint pain of the knees and/or hips, that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better.

Robust **evaluation** shows that ESCAPE-pain:

- Reduces pain
- Improves physical function
- Improves the psychosocial consequences of pain
- Reduces healthcare and utilisation costs.



Announcement: Website changes

17 April 2019 - We are very pleased to announce we have made some changes to our website this week. We hope this will improve the flow of information, make it more intuitive of where to find information you're looking for, and improve your overall experience of using this site. If you have any comments or feedback please contact us at hello@escape-pain.org

We have relocated the buttons for accessing the ESCAPE-pain website account and ESCAPE-pain Online account.

- Quicklink: [Access your ESCAPE-pain website account for viewing the internal pages containing various resources](#)
- Quicklink: [Access your ESCAPE-pain Online account - the web-based version of the ESCAPE-pain app](#)

ESCAPE Pain website - NENC

The screenshot shows the website's navigation menu with links for Home, Who We Are, What We Do, News & Events, Resources, and Get in Touch. The Academic Health Science Network logo is prominently displayed. The main heading reads 'ESCAPE Pain classes' and 'Exercise classes for knee and hip pain'. A sidebar titled 'What We Do' lists various ESCAPE Pain classes across different regions: County Durham, Cumbria, Darlington, Newcastle / Gateshead, North Tees, Northumberland, South Tyneside, and South Tees. The main content area includes a list of questions to assess if a user might benefit from the classes, such as 'Do you have hip and knee pain?' and 'Has it lasted more than 3 months?'. It also provides information on how to access the classes and a list of benefits, including carrying out normal activities and managing symptoms.

Select an area to find out more

This grid contains six panels, each representing a different region. Each panel features a title, an icon, and a brief description of the classes available in that area. The regions and their details are as follows:

- South Tyneside:** Icon of a person with a dog. Text: 'Venues Classes are running in Heaton Point, Hebburn Central and Carrow Focus, and through Age Concern Tyneside South, giving you the option to choose which venue will be best for you. Start dates: Each programme consists of 8 sessions per week, for...
- Newcastle – Gateshead:** Icon of a person walking a dog. Text: 'Venues Classes are currently run at the following venues: Malmaison Street NHS Centre, Byker Freeman Hospital, Newcastle HealthWORKS, Benwell, Deaeham Village Hall, Gateshead. How to access You can request a referral through TMS by phoning 0191 4488248 or visiting the...
- County Durham:** Icon of a person walking a dog. Text: 'Classes are currently run at St Leon Astleford Hospital through the County Durham Integrated Musculoskeletal Service (DDIMS). More sites are coming soon. How to access You can request a referral by completing the self-referral form through the County Durham Integrated Musculoskeletal...
- Darlington:** Icon of a person walking a dog. Text: 'Classes are starting early in 2020 and will be delivered through Imagine physiotherapy, a private rehabilitation provider. How to access There are currently two ways to access classes in Darlington. If you work for Darlington Council you can request...
- North Tees:** Icon of a person with a dog. Text: 'Classes are currently run at North Tees Hospital and Hartlepool Hospital through the Physiotherapy team at North Tees and Hartlepool NHS Foundation Trust. How to access You can request a referral by asking your GP to refer you to physiotherapy...
- Northumberland:** Icon of a person walking a dog. Text: 'Classes are currently delivered at three Active Northumberland leisure centres – Concordia in Crumlington, Byth Sports Centre and Wanborough Leisure Centre in Haslum. There is a small cost to attend: £20 (standard) or £10 (concession) for 18 sessions over 8...

Training

- NENC training (March 2020)
 - Opportunity for more training on the 31st March 2020
 - **No cost**
 - Venue TBC
 - **Please contact us ASAP if interested**
- Post March 2020
 - National team (HIN) will continue to offer training at key locations across the country
 - www.escape-pain.org/facilitator-training
 - **Costs: £250 - £350**

ESCAPE-pain training (for knees/hips)		
	Clinicians and Exercise professionals from existing sites (sites delivering either ESCAPE-pain programme: for knees/hips and/or for backs)	Clinicians and Exercise professionals from new sites (i.e. sites not delivering either ESCAPE-pain programme: for knees/hips or for backs)
Public sector/not for profit organisations in England	£250	£350
Commercial organisations (worldwide) and not for profit organisations outside England	£350	£500



Questions?

Contacts

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rachel.turnbull@ahsn-nenc.org.uk
- Victoria Strassheim, Clinical Lead for ESCAPE Pain, AHSN NENC
vicki@energypotentialnorthumberland.com
- Health Innovation Network (HIN) team, hello@escape-pain.org
- Twitter: @escape_pain