

ESCAPE PAIN IN TIMS

TIMS- Tyneside Integrated Musculoskeletal service

A joint Newcastle and Gateshead service which offers self-care and fast access to expert opinion, diagnosis and treatment of a variety of muscle, joint and soft tissue conditions and chronic pain.

Escape Pain

- **E**nabling **S**elf-management and **C**oping with **A**rthritic **P**ain using **E**xercise

an exercise-based group rehabilitation program for people aged 45+ with chronic joint pain of the hip and knee. It is designed to help improve physical function by combining exercise, education, and strategies to help participants to feel more confident and increase their ability to exercise.

Aims of Escape Pain

- Help to manage arthritis so that you can carry out normal activities without worrying about pain
- Increase knowledge of the benefits of exercise and become more active
- Provide skills which can help you to manage your symptoms better
- Gain knowledge about pacing yourself to prevent flare ups, be able to plan activities and set goals which can help increase motivation to stay active in the long term

Development

- **APRIL 2018**
 - Discussions with AHSN and Health works to explore models of service delivery for Escape pain
- **OCTOBER 2018**
 - Opportunity to deliver Escape Pain as part of an integrated MSK pathway in TIMS
 - 1st Escape pain cohort delivered by Health works in the West End of Newcastle
- **FEBRUARY 2019**
 - Escape pain in Deckham Village Hall, Gateshead
- **MARCH 2020**
 - Escape pain is fully integrated in the TIMS service across Newcastle and Gateshead

And Then.....Covid

- All face to face groups were stopped

TIMS RESPONSE

- September 2020- Classes were adapted to deliver EP via virtual resources using TEAMS
- Smaller groups of 6 maximum
- Patients embraced the virtual groups during lockdown with positive feedback
- Creation of you tube videos of Escape pain so patients could use the links to complete EP individually in their own time

Safety Considerations

- Thorough screening of all patients
- Ensure patients have equipment required prior to starting class
- Advised re adequate space in a clutter free environment
- NOK details always provided
- Do not overbook groups to ensure instructor can see all participants on screen
- Instruction at the beginning of the group on the use of the platform ie mute, keeping camera on

CHALLENGES

- Creating admin process to provide participants with correct information
- IT equipment- microphones/speakers
- Logging on issues for 1st session of each cohort
- Loss of internet connection during the group

What did we think of Virtual?

Positives

- 95% retention to complete 5 weeks
- No travel costs for participants
- Participants not flaring up pain by travelling prior to doing the class
- Participants more comfortable exercising in own home
- Develops independence in exercising at home

Negatives

- Reduced social interaction
- Developing rapport with group

Since Covid:

- Reduced demand for virtual Escape pain and an increased demand for f2f classes
- You tube videos remain a popular choice for some patients who are unable to commit to set times 2x/week
- Vast numbers of patients seeking help for their hip/knee joint pain since lockdown- this has meant we have had to adapt our triage/referral process to try and manage our numbers efficiently

Triage Process

- Referrals can be from GPs/secondary care consultants or self referrals
- All are triaged within 48 hours of receiving the referrals
- Patients referred with early/moderate OA of the knee are invited to a group consultation (10 /group)
- Currently 4 group consultations /week across varied sites
- Initial group- patient education re OA management, 1:1 assessment by senior clinician. If appropriate patients are booked into an escape pain group or can be sent you tube links for patients to use at home
- Follow up group- after 12 weeks to review after completion of Escape pain

And now

- TIMS now deliver 10 cohorts of Escape pain across Newcastle and Gateshead via TIMS staff or via Healthworks:

SITES

- **Newcastle**

Mollineux health centre x2

Freeman Hospital

Byker East End pool

West End resource centre,
Benwell

- **Gateshead**

Bensham Hospital x2

Felling Community Centre x2

Barmoor Hub, Ryton

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/ Comms toolkit <https://youtu.be/L06C6rk7Rnc>

HEALTHWORKS

- Community organization who TIMS fund to deliver EP in community settings

Number of patients completed Escape pain

- Oct 2021-Oct 2022

TIMS 384

Healthworks..... 127

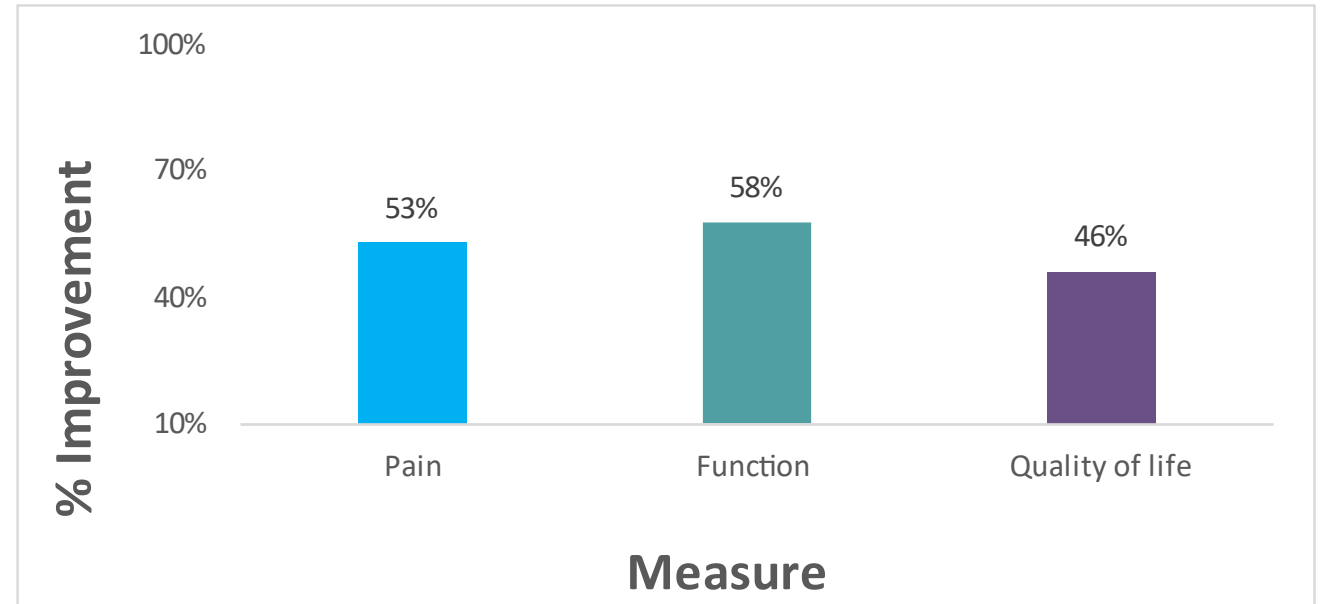
You tube.....2,200 views (since 2020)

OUTCOMES

Percentage of participants improved for KOOS

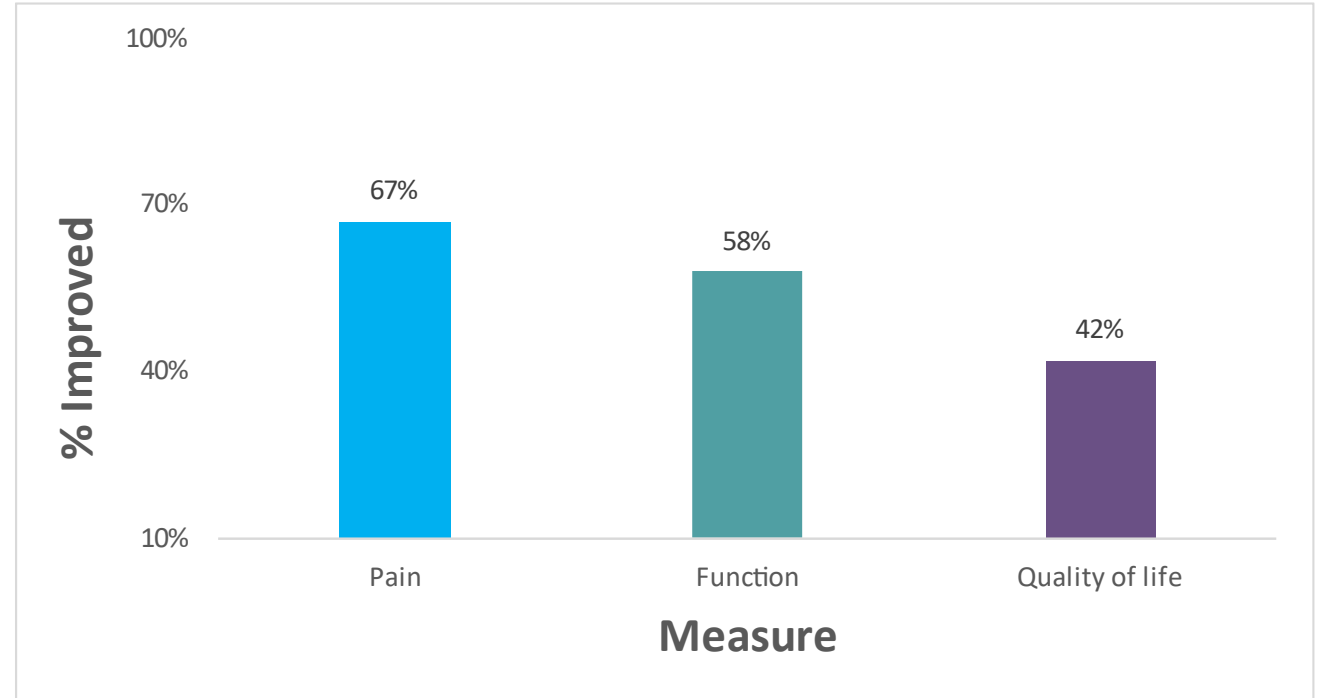
This graph shows the proportion of your ESCAPE-pain participants which improved at post-intervention across every outcome measure.

Number of patients completed Escape pain



Percentage of participants improved for HOOS

This graph shows the proportion of your ESCAPE-pain participants which improved at post-intervention across every outcome measure.



Ongoing work

- Currently following up patients who have completed Escape pain over the last 4 years to look at:
 - Do they continue to manage their joint independently
 - If not have they been referred back into the service
 - Have they gone on to require surgery
 - If they have had surgery do patients who have completed EP gain a better outcome post op
 - Is there a difference in outcomes for patients who have attended a group v those who have used the you tube videos