

ESCAPE-pain in the leisure sector

Alison Gowdy, Oxford AHSN

Ambra Caruso, Health Innovation
Network

Osteoarthritis: What's the problem?

CCG	Aylesbury Vale	Chiltern	Milton Keynes
Population over 45 years	94,098	150,062	102,924
Number of people with hip OA (as %)	10,191 (10.83)	15,592 (10.39)	11,486 (11.16)
Number of people with severe hip OA (as %)	3011 (3.2)	4352 (2.9)	3088 (3)
Number of people with knee OA (as %)	17,022 (18.09)	25,511 (17)	19,206 (18.66)
Number of people with severe knee OA (as %)	5458 (5.8)	7803 (5.2)	5970 (5.8)
TOTAL	27,213	41,103	30,692

Data from NHS RightCare Focus Packs

Population figures from ONS 2016 mid-year population estimates

A group rehabilitation programme for chronic hip or knee pain, integrating:

✓ **Patient information**

Tailored advice on their condition, self- management, pain coping strategies, weight control;

✓ **Personalised Exercise regimen**

Individualised, progressive, challenging

Research evidence shows that ESCAPE-pain:

- Reduces pain
- Improves physical function
- Improves mental wellbeing
- Creates benefits that can be sustained for up to 30 months after the end of the programme
- Reduces healthcare and utilisation costs
£5.20 ROI for every £1 spent (PHE)

“I stand properly, I’m more inclined to open my hands and I have less wrist pain”
“I’ve built up my muscle strength and I’m more confident in my knees”

“Balance has improved, and sit to stand has improved, I can now pick up things off the floor”

“Thank you. To my surprise I have discovered that I do not stand well – I thought I did. Generally feeling better – motivated.”

“It’s a very friendly atmosphere and there is great support, I feel more upright, my balance is better and more flexible that’s improved and it’s very welcoming here”



“My sit to stand is improved and walking upstairs, I don’t swell as much as I did before”

“I have the impetus to continue with more exercise”

“I have enjoyed the class. I was surprised how difficult and stiff I was with specific exercises, found the bending exercise hard. My flexibility has improved also standing posture and looking the world in the eye. Thank you”

User experience



Public Health
England



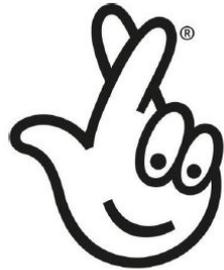
The AHSN Network

91 Sites
1/3 Leisure
and
community
sector





Health
Innovation
Network
South London



LOTTERY FUNDED

**17 leisure and
community
delivery partners**

**Kingston
University
London**



Cheltenham General Approach

- Led by the **physiotherapists** in partnership with the **local leisure centre**
- Each session is ran by a **physiotherapist and an exercise instructor**
- Referrals currently only from the physiotherapy department
- **Physio department does not pay the leisure centre for time nor facilities**
→ money recouped via gym membership post class

		Based on 1 visit p/w pp	Based on 2 visits p/w pp	Based on 3 visits p/w pp
INCOME	TOTAL	£2,362.50	£4,725.00	£7,087.00
	inc. JOINING FEES	£2,605.50	£4,968.00	£7,330.00
COSTS	Instructor Costs	£2,080		
	Venue Hire	£4,160.00		
		£6,240		

Rough calculations 2017, based on 3 patients joining gym following each cohort.