ESCAPE-pain

Group rehabilitation for people with knee and hip osteoarthritis

Overview
Chronic joint pain, or osteoarthritis, affects one in five of the population over the age of 50, and one in two over 80. This condition causes considerable suffering and distress, and is a life-inhibiting disease.

ESCAPE-pain is an evidence-based, group rehabilitation programme for patients with knee and/or hip osteoarthritis.

ESCAPE-pain comprises 12 supervised sessions for a group of 10 to 12 participants who receive education and take part in a tailored exercise programme. The programme measures a range of clinical outcomes, and the participants are signposted to services to help them continue to progress.

Results / impacts
- Used in over 70 sites nationally, benefiting more than 6,000 people.
- Participants see improvements in mobility and pain reduction, and are better able to achieve everyday activities.
- There is a marked impact on mood based on anxiety and depression score improvements.
- ESCAPE-pain is less costly than usual care plans, and generates savings in both primary and secondary care.

The AHSN's role
The Health Innovation Network is promoting the spread of ESCAPE-pain. The AHSN also provides training on ESCAPE-pain to physiotherapists or exercise professionals, who deliver it with the support of their local clinical commissioning group (CCG), hospital or community provider.

They have launched a patient app, freely available on Android and Apple devices, so that people are able to access the programme content digitally even if they are not able to access an ESCAPE-pain programme in person. It is also useful as an aide-memoire to help people who have already completed the programme to continue to manage their condition.

Adoption and spread
ESCAPE-pain has already spread to over 70 sites nationally, benefiting more than 6,000 people. It will continue to spread across the country as the AHSN Network supports its wider roll-out during 2018-2020.

Find out more
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www.escape-pain.org