

# Increasing access to rehabilitation for knee/hip OA: delivering **escapepain**® in the community

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## Background

10m people have osteoarthritis (OA)

ESCAPE-pain – is an integrated rehabilitation programme of education and exercise for knee/hip OA



Delivering ESCAPE-pain in NHS facilities limits access for most people

Delivering it in community venues supervised by exercise professionals would increase accessibility and opportunities for on-going support

## Aims

Deliver ESCAPE-pain in community venues

Evaluate its effectiveness document participant's experiences

## Method

482 exercise professionals delivered ESCAPE-pain to 1384 participants in 75 community venues

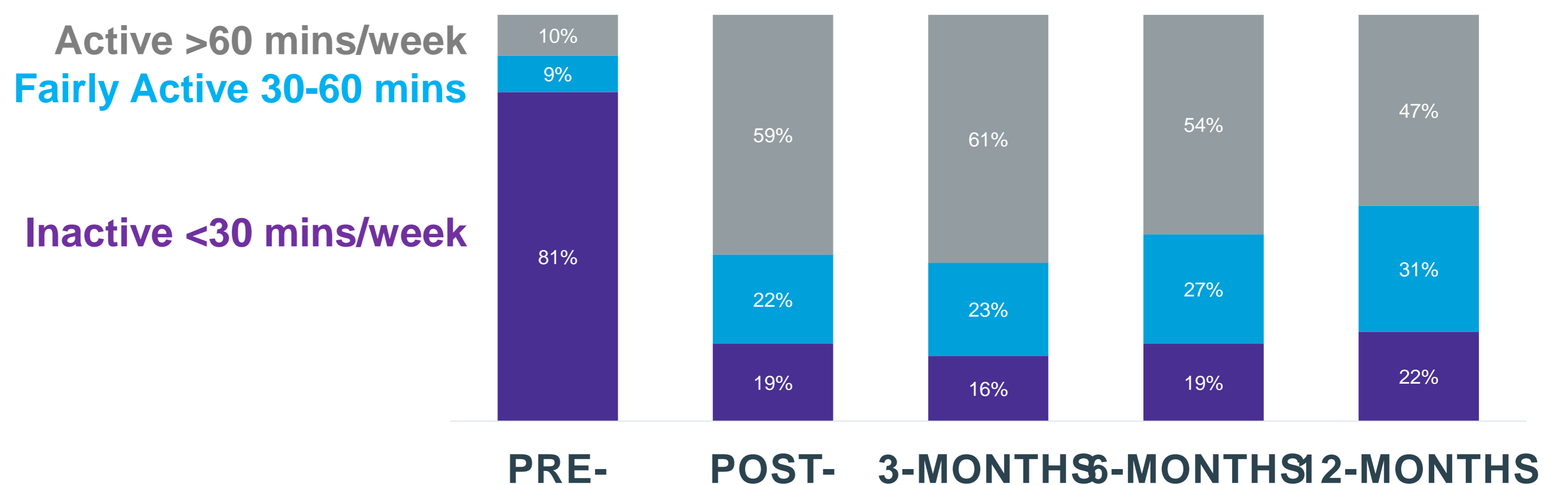
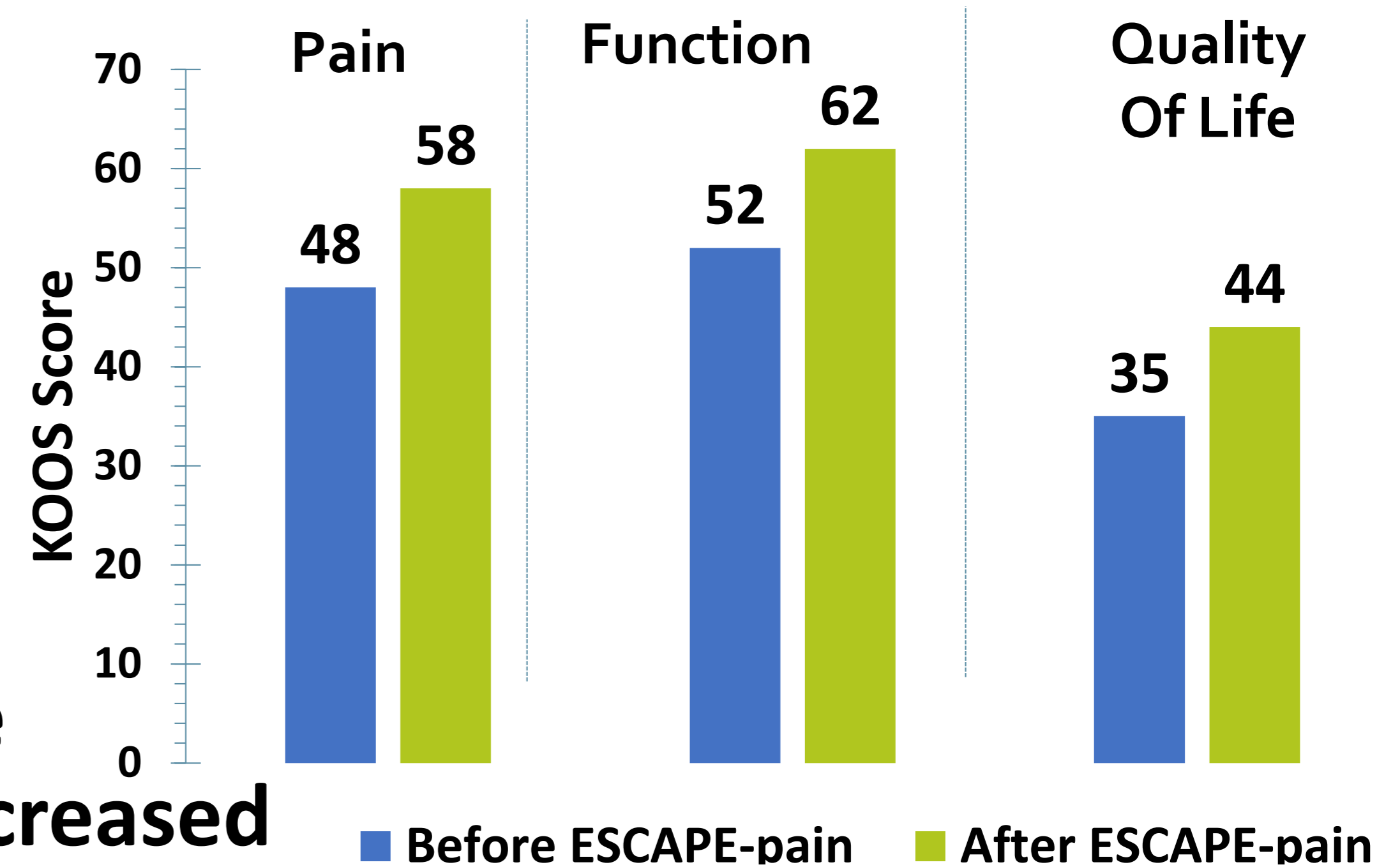
Pain, function, quality of life (QoL) and activity levels were measured

Semi-structured interviews captured experiences of 110 participants

## Findings

Participant's pain, mobility, function and QoL improved

Their understanding and confidence in the role of exercise in managing OA increased



Participants moved from being "inactive" to "active", maintained increased activity levels for 12 months to maintain the benefits, and as a result reported increased socialisation

They were helped by the venues who laid on additional programmes to support them

## Conclusions

**escapepain**® can be delivered

- as a **community-based** programme
- by **exercise professionals**
- it **retains its effectiveness and benefits**
  - physical, mental, socioeconomic
- **habitualises physical activity**
- making it **accessible** to many more people

We thank the participants for their time and effort, and the support of -

