



Canolfan ar gyfer Gwerthuso,
Asesu Dyfeisiau ac Ymchwil Gofal Iechyd

CEDAR

Centre for Healthcare Evaluation,
Device Assessment and Research

What is ESCAPE-pain?



ESCAPE-pain is a 6-week, group-based, behavioural change rehabilitation programme designed for chronic joint pain. The course integrates educational self-management with physical activity, and each class consists of a group-led, facilitated discussion and a physical activity session. It aims to help people understand their condition and teach them simple self-management techniques, and takes them through a progressive exercise programme so they learn how to cope with pain better.

It is community-based, with classes taking place in leisure centres across Cardiff and the Vale of Glamorgan. There are two separate ESCAPE-pain programmes: one for **chronic back pain**, and one for **hip and knee arthritis**.



Aim and Methods

An evaluation was carried out to explore service users' and staff experiences of ESCAPE-pain, the impact on service users' outcomes, and the social value of the course. Methods included interviews, surveys, observations, and a Social Return on Investment (SROI).

What changed?

More physical activity:

Service users described how the course introduced them to, and provided them with, a number of new opportunities to do different types of physical activity. It also worked to change their attitude towards physical activity overall. Service users spoke of how the course provided them with motivation to exercise, and to continue exercising when the course had finished.

"I look forward to going and I've never enjoyed exercise. As a child – no as a teenager, my friends and I would play chess on the edge of the sports field on sports day. My friend liked sports and running around but I couldn't see the point! But this has made me want to do things and to keep more active. ... It's been an eye opener!"

(E1-K)

"I get to the bottom of the stairs and it's like Everest every time I have to go upstairs, it's horrendous. I just couldn't get upstairs. Most times I was crawling and occasionally I was going two feet to one step if I was feeling a bit good and the pain wasn't too bad. ... But since I've gone on this course now I'm upstairs, going down is still a bit difficult but going up has definitely improved!"

(E1-K)

Physical improvements:

Service users described how, as a result of feeling physically better, they were able to do more everyday activities while feeling less pain.

Confidence and psychological improvements:

Service users described considerable psychological improvements, and changes in their confidence to manage their health. This included knowing how to manage their pain levels and feeling more capable of doing different exercises.

"You haven't got to sit down on a chair and cry, you can achieve, you can get through this and have a life. And I'm beginning to live my life again and it's really good."

(E1-K)

"[I'm in] far more control of my pain now. It's not controlling me I'm controlling it!"

(E1-K)

Improved pain management:

Service users spoke of how ESCAPE-pain had improved their ability to manage their pain through coping strategies and lifestyle changes, and improved their attitude towards the pain.

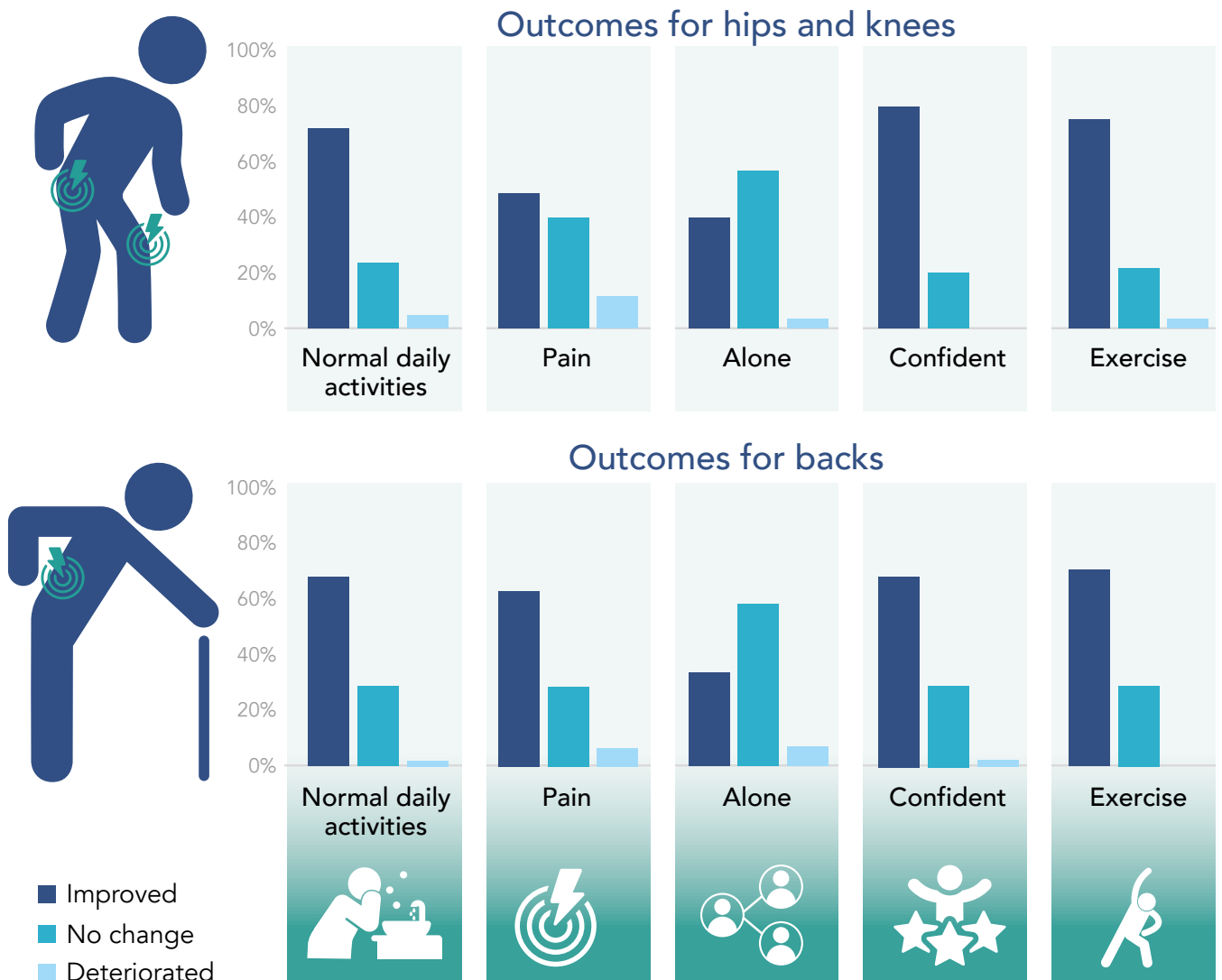
Feeling less alone with the pain:

Service users indicated that meeting people in a similar situation made them feel less alone, and helped them to realise that they were not the only one suffering with pain.

"It's like you're a family... You've got anybody there you can say to 'I had a bloody awful day yesterday', and they understand. Whereas before I didn't think anybody could understand what I was going through, very selfish thought really! Now I know they can!"

(E1-K)

How much change?

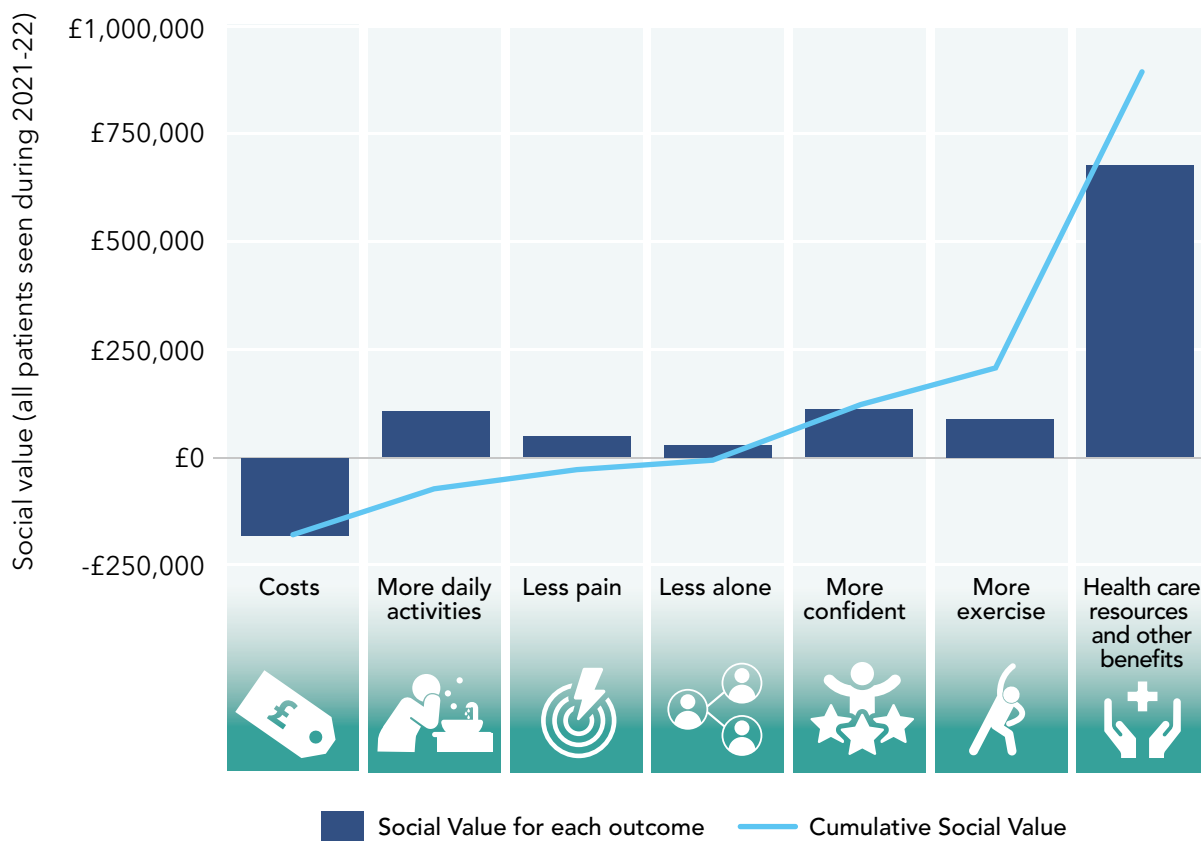


Most people reported positive changes across all the outcomes, with the exception of feeling alone. Fewer people had an improvement in this outcome. It was an important change for some people, but others felt it was not relevant to them, as they did not feel it was a problem. Based on a study by Hurley et al (2012)¹, all changes in outcome were assumed to apply for 3 years, while gradually declining at a rate of 29% every 6 months. Normal daily activities declined at a slower rate based on published evidence (Hurley 2012). The contribution of each outcome to the overall social value of ESCAPE-pain can be found on the next page.

¹ Hurley, M. V., Walsh, N. E., Mitchell, H., Nicholas, J., & Patel, A. (2012). Long-term outcomes and costs of an integrated rehabilitation program for chronic knee pain: A pragmatic, cluster randomized, controlled trial. *Arthritis care & research*, 64(2), 238-247.

Putting a value on the changes

It is difficult to place monetary values on these outcomes, but we can approximate by looking at commercial alternatives, and relating this to the importance of the outcomes, as reported by participants. We included the cost of providing the service, values for patient outcomes, and an anticipated reduction in other health care resource use (Hurley 2012). In addition, there are some benefits in increased leisure centre membership and staff satisfaction. Over the 3 years modelled, we estimated a ratio of almost £6 social value for every £1 invested. If the health care resource use savings are realised, the service would also be cost saving to the health service.



Service users reported being able to do more everyday activities, doing more exercise, and feeling more confident to manage their health and pain. For every £1 invested in the service, almost £6 of social value was created.