

Alfred Bean Hospital ESCAPE-pain Data Review 2019/20

 @escape_pain

 www.escape-pain.org

Your ESCAPE-pain in numbers 2019/20



Participants who completed
ESCAPE-pain between April
2019 and March 2020*

53



Average retention rate for
the year 2019/20

83%

*Completers are defined as participants who attended 75% or more of ESCAPE-pain sessions.

Your ESCAPE-pain savings 2019/20



£80,878
saved in the health and
social care sector over 2.5
years based on the
number of completers for
your site this past year.

An economic evaluation on ESCAPE-pain was conducted in 2007 (Hurley et al.) to demonstrate the cost-effectiveness of the programme and where in the system the reductions in healthcare utilisation occurred. Figures quoted above are updated to 2018 rates. The original paper can be accessed here:

<https://escape-pain.org/aboutus/research>

National ESCAPE-pain numbers 2019/20*



Participants who completed ESCAPE-pain between April 2019 and March 2020

2,348



Average retention rate for the year 2019/20

74%



Number of ESCAPE-pain sites

288

*Data applies to ESCAPE-pain sites across England only.

Progress reports

The next set of slides display progress graphs for each outcome measure.

5 Data from the Knee Osteoarthritis Outcome Score (KOOS), Hip Osteoarthritis Outcome Score (HOOS) and Warwick-Edinburgh Mental Well-being scale (SWEMWBS) have been displayed to show how each outcome measure records changes following participation.

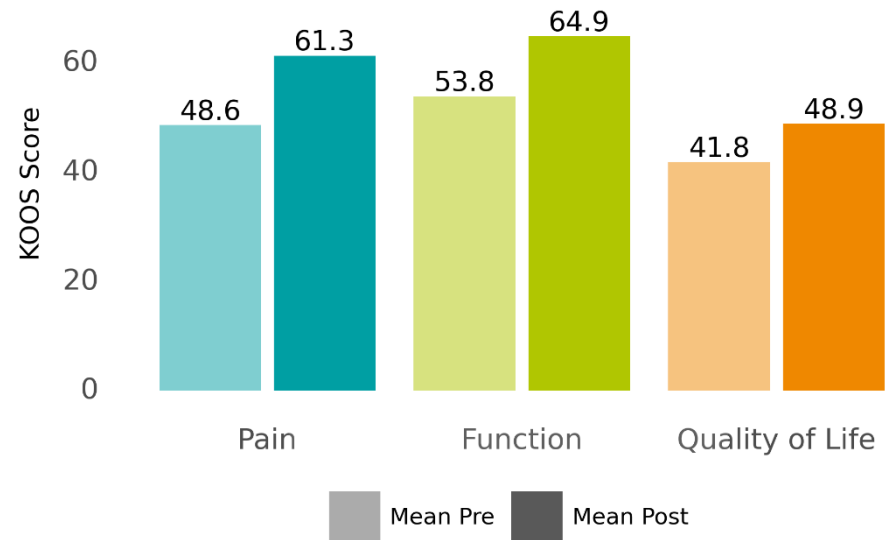
KOOS Combined scores: 2019/20

This graph shows average pre and post intervention scores for your ESCAPE-pain participants between April 2019 and March 2020.

An **increase** in scores indicates an improvement.

The sample size for this analysis was 13.

A change of 8 or above can be clinically meaningful.



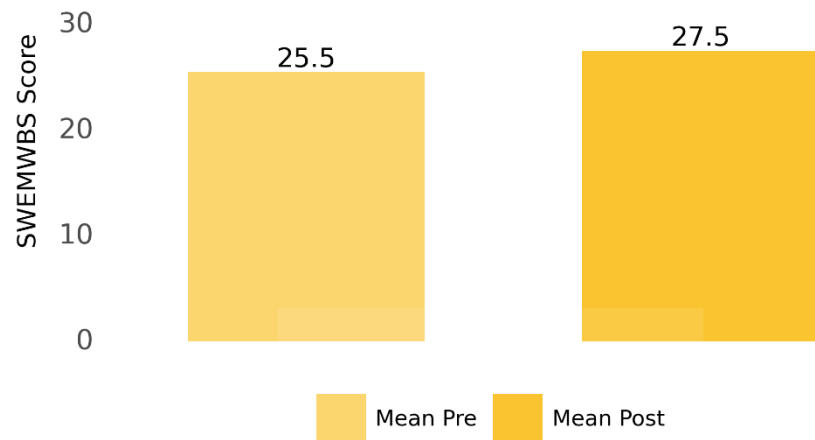
SWEMWBS Combined scores: 2019/20

This graph shows average pre and post intervention scores for your ESCAPE-pain participants between April 2019 and March 2020.

An **increase** in scores indicates an improvement.

The sample size for this analysis was 20.

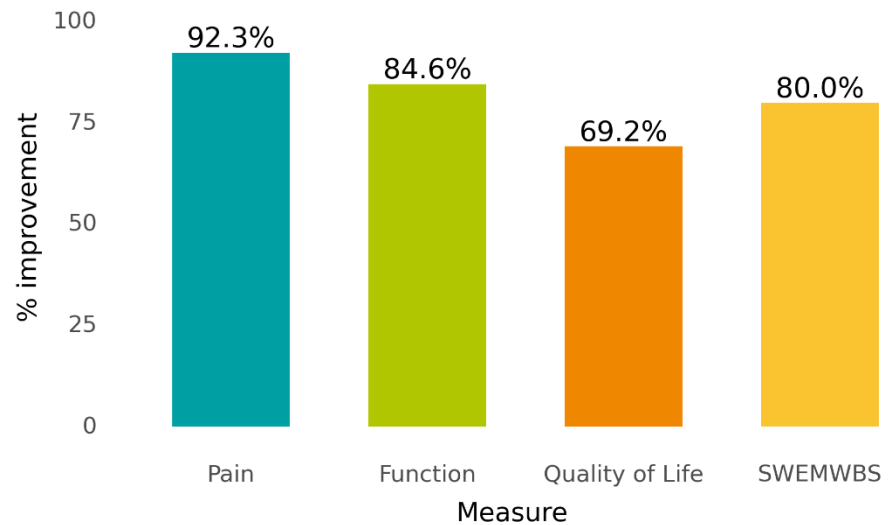
A change of 1.5 or above can be clinically meaningful.



Percentage of participants improved

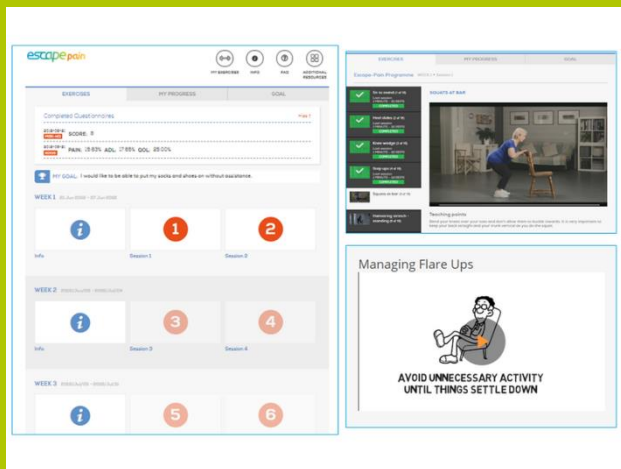
This graph shows the percentage of your ESCAPE-pain participants which improved at post-intervention across every outcome measure.

8



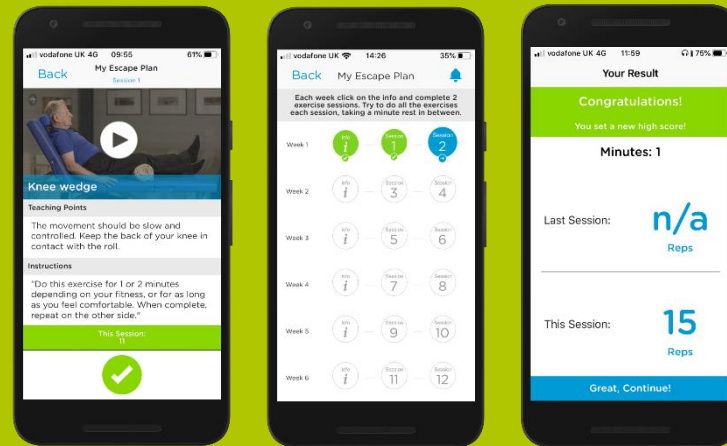
ESCAPE-pain digital resources for participants

We have developed some digital support tools to help participants continue to exercise safely in their homes. We hope our free-to-use ESCAPE-pain Online programme and smartphone/tablet App can help people remain active and manage their joint pain during this time.



1. ESCAPE-pain Online

ESCAPE-pain Online is the web-based version of the ESCAPE-pain app. It can be viewed on a range of mobile devices (like smartphones and tablets) but is best viewed on a computer.



2. ESCAPE-pain app

The ESCAPE-pain app is available on [Android](#) smartphones and tablets. Just search ESCAPE-pain on [Google Play](#).

End of report.

If you have any questions or queries regarding this report, please contact zoe.zambelli@nhs.net



Ground Floor, Minerva House
5 Montague Close, London SE1 9BB

Closes stations: London Bridge or Monument



020 7188 7188 (ext. 57032)



@escape_pain



www.escape-pain.org

#LiveBetterDoMore

The ESCAPE-pain programme is an intervention for people with knee or hip osteoarthritis developed by Professor Mike Hurley. The programme is hosted by the Health Innovation Network and supported by NHS England and Versus Arthritis.

**www.escape-pain.org | hello@escape-pain.org |
Twitter: [@escape_pain](https://twitter.com/escape_pain)**