

MSK CARE INITIATIVE OF THE YEAR

WINNERS

HEALTH INNOVATION NETWORK ENABLING SELF-MANAGEMENT AND COPING OF ARTHRITIC PAIN THROUGH EXERCISE, ESCAPE-PAIN

10 million people in the UK suffer pain and/or disability from knee and/or hip osteoarthritis. Enabling Self-management & Coping with Arthritis Pain using Exercise, ESCAPE-pain, is a rehabilitation programme that combines education, self-management strategies and exercise. The programme:

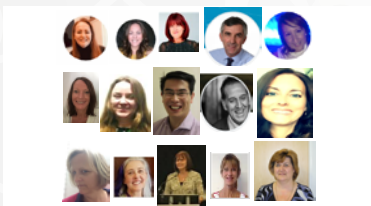
- reduces pain
- improves physical function, activity and mental wellbeing,
- reduces healthcare utilisation
- is more cost-effective than usual care.

We have delivered training and support to enable NHS and leisure providers to transform care. Starting from just 2 sites in 2014, ESCAPE-pain is now delivered by physiotherapists and exercise professionals at nearly 300 locations across the UK; 20,000 people have benefited from the programme.

JUDGES COMMENTS

The judges felt this was an excellent initiative which enables self-management for people with hip and knee pain. Clear rationale was given for the initiative with supporting evidence and references, which has led to improvement in patient care. The team demonstrated great overall cost saving benefits to the system in terms of total and social health, and the overall ambition to improve general health, fitness and wellbeing was commendable.

HIGHLY COMMENDED



West Kent Alliance and Partners: Maidstone and Tunbridge Wells Trust, West Kent CCG, Kent Community Health FT, West Kent Health, High Weald Lewes Havens CCG, Sussex/East Surrey CCG, Kent and Medway NHS and Social Care Partnership Trust

West Kent Alliance MSK Pathway Transformation

West Kent Alliance (WKA) - brings together the dynamic, innovative, collective of organisations, to transform system wide services for the West Kent population, supported by, the dedicated and specialised Joint Programme Management Office/Transformation Team (JMPO). Maidstone & Tunbridge Wells NHS Trust (MTW), West Kent CCG (WKCCG) and Kent Community Health Foundation NHS Trust (KCHFT) came together to deliver efficient, sustainable improvements in care and experience for both patients and staff, sharing best practice and lessons learnt in the MSK pathway re-design.

JUDGES COMMENTS

The judges were extremely impressed with the 25 stakeholders involved in this project, which demonstrated a great collaboration between primary and secondary care. Integration of pathways has led to a smoother patient journey and improved patient outcomes and experience. The initiative had a clear aim and was extremely cost effective, reducing unnecessary appointments by ensuring patients are seen by the right person at the right time.



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FINALISTS

Northern Devon Healthcare Trust

Enhanced recovery programme for elective joint replacement

In 2018 the NDDH Arthroplasty Enhanced Recovery programme was re-invigorated with an evidence-based change to the patient journey. With a focus on achieving better protocols, enhancing team-work and accuracy in data collection, we have shown considerable improvement in length of stay for patients and advancement in positive outcomes. In conjunction with saving £170,000 per annum on orthopaedic implants and improving education for both staff and patients, the model hospital data shows the trust having improved from 41st best trust, to 8th best in hip replacements and from 34th to 4th best trust in the country for knee replacements.

Sussex MSK Partnership Central, Here (Care Unbound), Sussex Community FT, Sussex Partnership FT and Horder Healthcare

Cultivating a Culture of Evidence Based Value Medicine

The aim of the project is to ensure patients' have access to evidence based value medicine. Meaning that i) patients see the right clinician first time; ii) that the clinician provides them with up to date treatment options based on national evidence and guidelines and iii) that they work together to select the treatment option that best fits the patients values and preferences. Stakeholder involvement included patients with lived experience, clinicians, commissioners and subcontractors. The contract serves a population of 650K across the central Sussex corridor.