

Case Study - Savernake Community Hospital

ESCAPE class

ESCAPE-pain is a rehabilitation programme for people with chronic joint pain of the knees and/or hips, that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better.

A patient experience from a lady attending the Escape classes (Group2) at Savernake Community Hospital for Osteoarthritis Knee pain

This patient was referred to us from her GP she had seen a knee surgeon who encouraged her to see the Orthopaedic Interface Service team (OIS). The OIS team discussed the choices and encouraged her to join the ESCAPE classes to help with her Arthritic knee pain.

Before the ESCAPE classes I started to use a knee support as I had lost confidence when walking outside. I had also avoided exercise and was using the car more. Then I remembered the 'every 2lbs you lose make a difference to your joint pain' a tip from the class. This motivated me to lose 12.5lbs in 4 1/2 weeks which made a huge difference.

I am now back at work, trying to move a lot and maintain strength and mobility and able to manage stairs. I can now walk to work and also I walk at lunchtimes. I notice that if I don't walk I get night pain. I use kettle bells and ankle weights at home.

I found the talks on managing pain and Diet the most useful and I felt I learnt a lot from the course. I had an Active Health referral made and received a phnccall within a week. I enjoyed the group interaction, sharing stories and observing how other people manage the exercises. My confidence has increased, and I feel that I can go on the holiday which I was considering cancelling.

Nick, the Physio, emailed the slides from the talks which helped me consolidate what I had learnt.

I am returning to Group 3 of the class to help encourage others to engage with this excellent programme