

January 2018

Final Press Release

NHS Trust first in the country to translate 'ESCAPE-pain' chronic joint pain programme into Gujarati

Physiotherapists at London North West University Healthcare NHS Trust have successfully translated a rehabilitation programme for patients with chronic knee and hip pain into Gujarati for the first time.

Previously only available in English, ESCAPE-pain is a programme for people with chronic knee and hip pain that runs over six weeks combining educational self-management and coping strategies with an exercise regimen for each patient.

The physiotherapy team at Northwick Park Hospital (NPH) identified that a significant proportion of their local community were missing out on attending the programme because one of the criteria is for participants to have a good level of English.

Through truly living their Trust's HEART value of Equality, the team used their expertise to overcome these language barriers. Karsh Patel and Arti Inamadar translated the sessions, allowing members of the local Gujarati community to take part and benefit from ESCAPE-pain. Further sessions are planned in Northwick Park Hospital and have the potential to be used in other locations across the country.

Tanya Aptowitz, Musculoskeletal Therapy Lead from NPH, said: *"We're immensely proud of our ethnically diverse workforce and our physios who have gone above and beyond to meet the needs of our local Gujarati speaking population. Through their initiative and the support of the Trust we have been able to help patients that would have otherwise been excluded."*

A local patient Aruna on completing the course said: *"Having this translated in Gujarati has helped us to properly understand as our English isn't that good. ESCAPE-pain has given us knowledge about what we should do to reduce pain and in a group we can all do it together."*

ESCAPE-pain is one of the seven programmes developed regionally which have been selected for national adoption and spread across the Academic Health Science Network (AHSN) 2018-2020. Imperial College Health Partners (ICHP), as North West London's AHSN, have been supporting local NHS Trusts and CCGs in this work.

Piers Milner, Innovation Advisor from ICHP, said: *"For innovation in the NHS to thrive it needs to be shaped and its adoption supported by local communities. The team, through translating ESCAPE-pain into Gujarati, have shown the key role that frontline staff have in shaping innovative programmes to meet the needs for their local patients."*

Professor Mike Hurley, originator of the ESCAPE-pain programme, said: *"It's really great to see our programme translated into other languages so that as many people as possible benefit. The pain caused by arthritis has no language barriers, so*

interventions that can help shouldn't be hindered by language either. It is wonderful to see that the local physiotherapists have responded to the needs of their local community and taken the time to translate the programme into Gujarati. We know getting to non-English speaking populations is difficult and I'm sure this will encourage more people to take part and benefit from the programme."

ENDS

Notes to editors

For media enquiries regarding the local programme please contact Steve Watkins, Communications Manager, London North West University Healthcare NHS Trust, steve.watkins1@nhs.net or 020 8869 3701

For enquires about the national ESCAPE-pain programme and potential opportunities, please contact Simon Ellery, Communications Manager, Health Innovation Network simon.ellery@nhs.net

London North West University Healthcare NHS Trust

London North West Healthcare NHS Trust is one of the largest integrated care trusts in the country, bringing together hospital and community services across Brent, Ealing and Harrow. Established on 1 October 2014, we employ more than 8,000 staff and serve a diverse population of approximately 850,000. The Trust looks after: Central Middlesex Hospital, Community services across Brent, Ealing and Harrow, including Clayponds Rehabilitation Hospital, Meadow House Hospice, Denham Unit and Willesden Centre, Ealing Hospital, Northwick Park Hospital, St Mark's Hospital <https://www.lnwh.nhs.uk/>

Brent CCG

Brent CCG are the GP-led organisation responsible for planning and buying (commissioning) many of the health services needed by the 370,000 people registered with GPs in Brent. Made up of all 56 GP practices in the borough organised into four commissioning localities – Harness, Kilburn, Kingsbury, and Willesden. They have the clear vision of delivering better care closer to people's homes and are working in partnership with their patients, members and partners to deliver this. <http://brentccg.nhs.uk/>

Imperial College Health Partners

Imperial College Health Partners (IChP) innovates and collaborates for a healthier population. We turn the potential of innovation into reality to help solve pressing challenges by collaborating across the health sector. By connecting a unique network of health experts we can accelerate the adoption and spread of innovation amongst our member organisations.

Imperial College Health Partners is a partnership organisation bringing together NHS providers of healthcare services, clinical commissioning groups and leading universities across North West London. We are also the designated Academic Health Science Network (AHSN) for North West London and members of The AHSN Network. Website: <https://imperialcollegehealthpartners.com/> Twitter: @Ldn_ICHP

ESCAPE-pain

The ESCAPE-pain programme is an intervention for people with knee osteoarthritis developed by Professor Mike Hurley. The programme is hosted by the [Health Innovation Network](#), the Academic Health Science Network for south London, and supported by NHS England and Versus Arthritis.

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. Website: <http://www.escape-pain.org/> Twitter: @escape_pain