

September 2016 News and resources

North of England
Regional

back pain programme



Why back pain?

Current spend

£4M

per 100,000 population but outcomes worsening in primary care

£28M

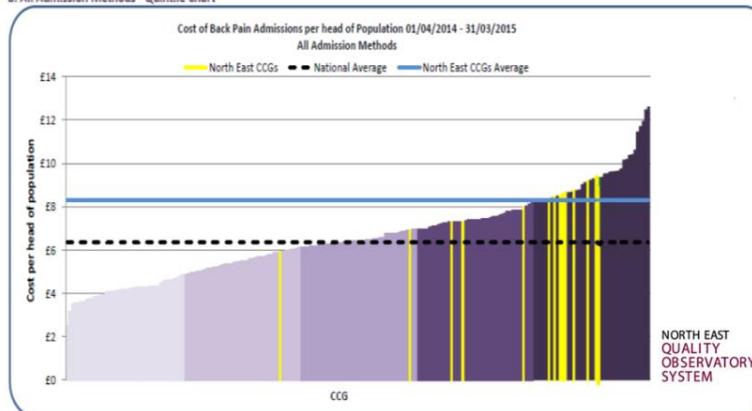
spent on secondary care elective and non-elective referrals in the North East & Cumbria

The pathway (in brief): first patient attendance GP gives 'Golden rules' advice.



Second attendance, GP does assessment (2-6 weeks or sooner) using the Keele STarT Back - risk identified of potential chronic problem? GP refers to a Triage & Treat Practitioner. A Combined Physical & Psychological Programme has been implemented in South Tees for patients with more severe symptoms to help them self-manage.

b. All Admission Methods - Quintile Chart



The pathway

- Creates a Single Point of Access
- Supports patient management
- Reduces delays for treatment
- Reduces chronicity
- Improves patient experience

The early implementer site was funded by AHSN for patients in South Tees and Hambleton, Whitby and Richmondshire areas and the Health Foundation funded North East and Cumbria CCGs to scale up the programme, led by NHS Darlington CCG.

Wave 1 started Darlington and Hartlepool & Stockton-on-Tees areas March 2016.

Progress

95 practices using template and more all using the STarT BACK assessment designed by Keele University.



3,109
Number of patients seen by a Triage & Treat Practitioner (with Keele STarT Back assessment) across all areas

612 (19%) Number referred to Core Therapies.

35 (1%) Number referred to Secondary Care (mostly be patients with Radicular Pain who have not responded or are not appropriate for Nerve Root Block).

32 Triage & Treat Practitioners trained and networking; **38** patients completing the combined physical & psychological programme (no secondary care referrals); **9** GP training sessions.

Keeping it going

Using a transformation model for change supported by programme management.

Reporting for Wave 2 CCGs, their leads/champions identified and local stakeholder engagement plans drafted.

Value Impact Assessments - how it will help - have been drafted for 11 CCGs across the region. Responses have been received from all Wave 3 CCGs. Year 1 progress update was presented to the Northern CCG Forum and members confirmed their commitment to the roll out of the programme within the timescales. Sustainability planning is a standing item for all work planning and discussion in all meetings and action plans.

The evaluation

Background: Teesside University is carrying out an independent evaluation of the pathway funded by The Health Foundation. The evaluation has a number of related strands, including patient outcomes.

Key themes from interviews so far are:

The pathway is a culture change for all of the stakeholders - patients, providers, commissioners and the general public: "The culture has been early intervention, like the cancer campaigns, 'go early see your GP, don't just sit and wait'." "We're actually giving a .. [different] ..message on back pain ..[keep active, self-management is the best way forward]."

The **importance of early and sustained communication**, is a recognition of the depth of culture change involved. **Soft power is a key driver of change.** The most important aspect of setting up the pathway is **provision of a persuasive business case** with details ranging from upfront costs to downstream savings



#Factsaboutbacks campaign

@NoEbackpain
#justhurmyback
#factsaboutbacks
www.NoEbackpainprogramme.nhs.uk

Posters and social media key messages April - July 2016
2 x 90 second animations
Feedback mostly positive.
206,524 views, 150,606 reach



7 Golden Rules

- 1 Keep moving even if slowly at first
- 2 Keep living & working normally
- 3 Avoid bed rest during the day
- 4 Exercise
- 5 Don't sit down for too long
- 6 Don't be afraid to take simple painkillers
- 7 Stay active and remember to re-introduce activities like heavy lifting gradually

Our challenge: tackling the perception of patient understanding of 'acute' vs 'persistent' back pain. Working definition: "the pathway is for all new acute episodes of low back pain but not for patients who experience chronic persistent and unremitting symptoms."



Partners in improving local health



September 2016 – update ... (2)

What progress?

Almost 3,000 patients were referred to Triage and Treat Practitioners between July 2015 to April 2016, with an average age of 52 years. Over 60% of patients have been seen within 2 weeks of logging on the Choose and Book system.

An independent North East Quality Observatory System (NEQOS) report on South Tees 'early adopter' roll-out shows definite improvements for 300 patients with complete data: there have been improvements across all outcome measures collected and the majority of patients have reported better score at discharge. The generic quality of life scale EQ-5D demonstrates a significant improvement which was 0.22. This improvement score is 5 times higher than the threshold set by NICE as the minimum improvement required for healthcare interventions.

We are continuing to collect 'live' data and Teesside University are working with the project team on the evaluation of both control and local implementation groups.

The Combined Physical and Psychological Programme (CPPP)

The BACK To Health programme is a 3-week residential programme for the management of lower back pain. It aims to de-medicalise back pain using intensive exercise and education with strong underlying CBT principles. Emphasis is on pacing of activities, goal planning and long-term self-management. The programme is delivered by a multi-disciplinary team consisting of a physiotherapist, nurse, psychologist, occupational therapist, pharmacist and dietitian. South Tees NHS Foundation Trust has been running this part of the pathway for patients in the South Tees and Hambleton, Richmondshire and Whitby areas.

The goal of the BACK To Health programme is to avoid unnecessary surgery, reduce dependence on medication and reduce the reliance of this patient group on the health care system. Our goal for the patients is to learn how to be active despite their pain, gaining control through good self-management rather than being controlled by the pain.

There have been 38 patients through the programme so far. Outcome measures and functional measure tests are recorded at the beginning, and end, of the programme and we are now seeing improvements for anxiety and depression and pain scores. No patients have required onward referral to a spinal surgeon. We plan a follow-up at 6 months and one year to see how well patients' improvements are maintained.

To find out more contact Professor Greenough Charles.greenough@tees.nhs.uk or rbpp.project@nhs.uk

Resources for GPs

The Interactive Pathway

<http://www.darlingtonccg.nhs.uk/regional-back-pain-programme/>

Frequently asked questions

A set of frequently asked questions by Health Professionals has been compiled and will be added to, throughout the life of the programme. Most people ask whether the pathway will reduce the need for surgery – the answer is yes.

More questions and answers can be found on the web pages.

Useful training aids

Effective treatment for back pain: Kieran O'Sullivan's **practical tips** in a guiding framework

<https://soundcloud.com/bmjpodcasts/effective-treatments-for-back-pain-kieran-osullivans-practical-tips-within-a-guiding-framework>

20 minutes (this is a pod cast)

Keele STarT Back: Delivering better results for patients with back pain - an overview

www.youtube.com/watch?v=tHMJf74buW4

4 minutes – short video about how the approach helps to match patients to the right treatment, with proven benefits for them and health care services.

Keele STarT Back: A GP's guide – in practice

<https://www.youtube.com/watch?v=r9wEgy4La4o>

9 minutes – a more in depth guide to using the approach in everyday consultations with patients with back pain.

Resources for patients

Recommended Handouts

Hand out from NHS Inform

http://www.nhsinform.co.uk/msk/back/~/_media/files/documents/microsites/msk/pdfs/nhsinform-back-printv4oct13.ashx

Patient information sheet

Mobile App for back pain with exercises

NHS24 App for MSK conditions – Free

I-phone: <https://itunes.apple.com/gb/app/nhs-24-msk-help/id556064114?mt=8>

Android:

<https://play.google.com/store/apps/details?id=uk.co.isai.nhs24msk>

Patient videos

The truth about low back pain

Keele Uni AXA PPP

<http://www.youtube.com/watch?v=9zEhGOhdI9Y>

10 minutes – advice on managing back pain.

www.youtube.com/watch?v=b-cBtPSf0Hc

4 minutes – further tips on how to tackle back pain from movement and consistency to which medication works best.

Exercise

"23 and ½ hours" - Mike Evans

<https://www.youtube.com/watch?v=3F5Sly9JQao>

5 minutes – an entertaining and informative visual lecture about the single best thing for health – exercise!

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[#justhurtmyback](https://twitter.com/NoEbackpain)
[#factsaboutbacks](https://twitter.com/NoEbackpain)

 www.NoEbackpainprogramme.nhs.uk