



ST HELENS WELLBEING

The Benefits of Social Prescribing within MSK

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chcp



Overview

- Wellbeing Service Overview
- What is Social Prescribing
- Social Prescribing within MSK



St Helens Wellbeing Services, City Healthcare Partnership CIC

Vision: Lead and inspire through excellence, compassion and expertise in all that we do.

St Helens Wellbeing service is an integrated set of health improvement 'units' that are shaped to support clients needs - **bringing the right support around the person or family at the time they need it.**

StHelensWellbeing.org.uk

Providing **FREE** health and wellbeing support and advice



Why We Use Social Prescribing

It's estimated that **one in five people** who go to see their GP are troubled by things that **can't be cured by medical treatment**. GPs spend significant amounts of time dealing with the impact of poor housing, debt, stress and loneliness

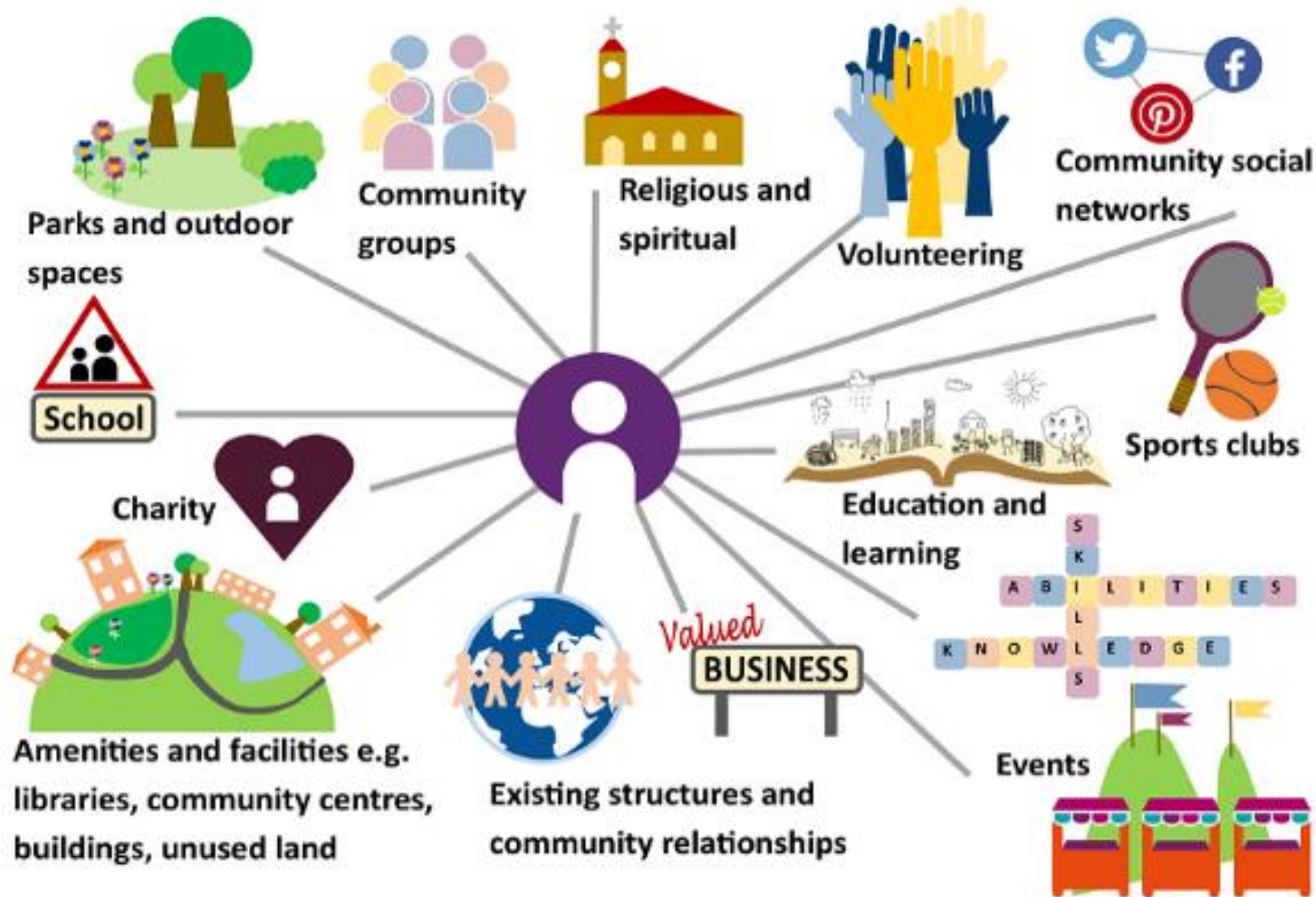
Impact on the health and care system, according to the University of Westminster, when social prescribing was implemented, GP consultations reduced by an average of **28%** and A&E attendances reduced by **24%**.
Ref: NHS England, 2019

Research is ongoing for the evidence base for social prescribing and MSK

What Is Social Prescribing?

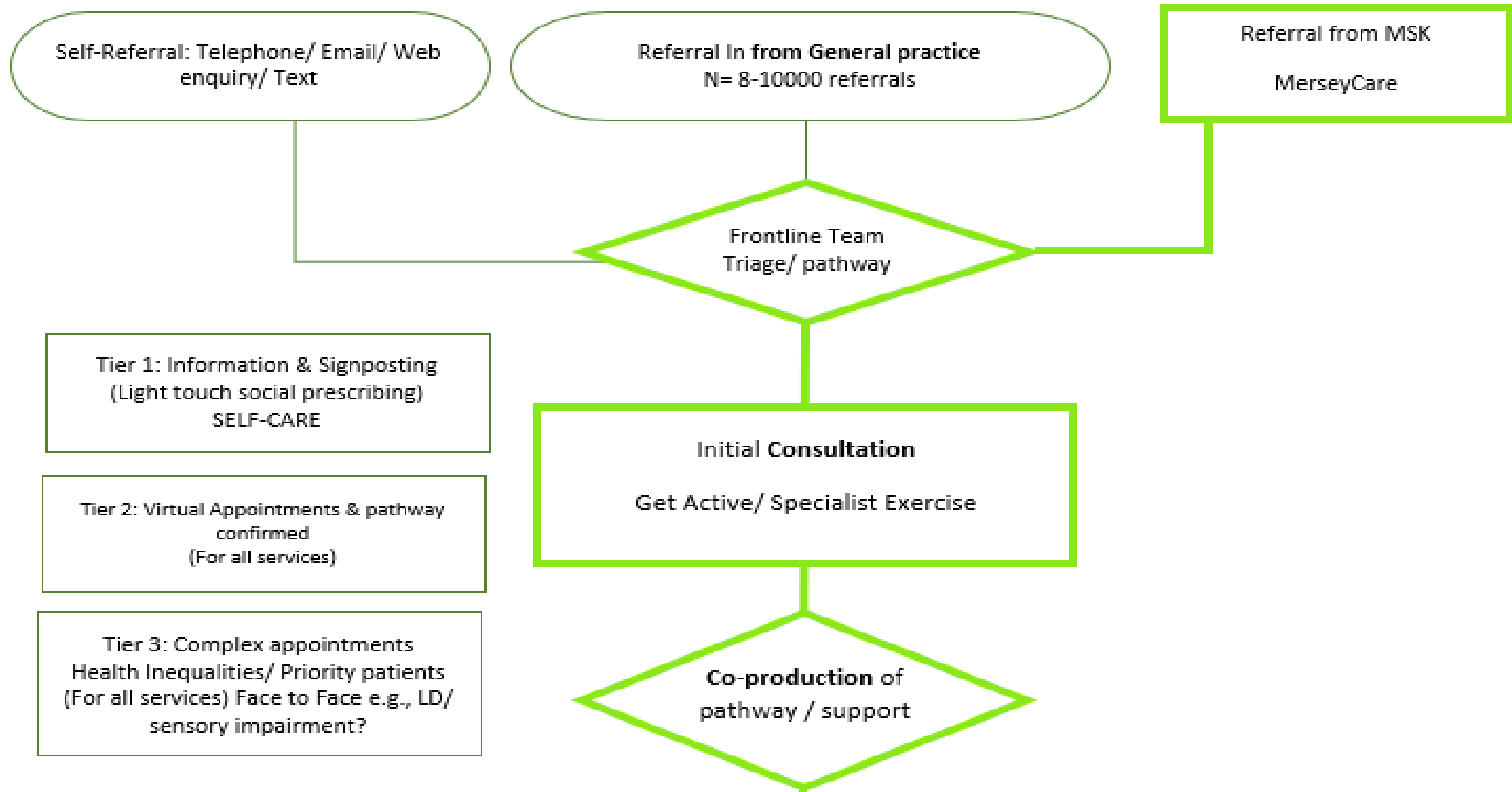
- A holistic approach to improve individual's health and wellbeing.
- **A link worker supports the client to take control of their lives and build a goal plan based upon their holistic needs and interests.**
- **They will help them to look at what could help them and put them in touch with the services that can help.**
- Puts the client at the heart of the approach.
- Identifies the priorities of the client, **“what matters to me.”**



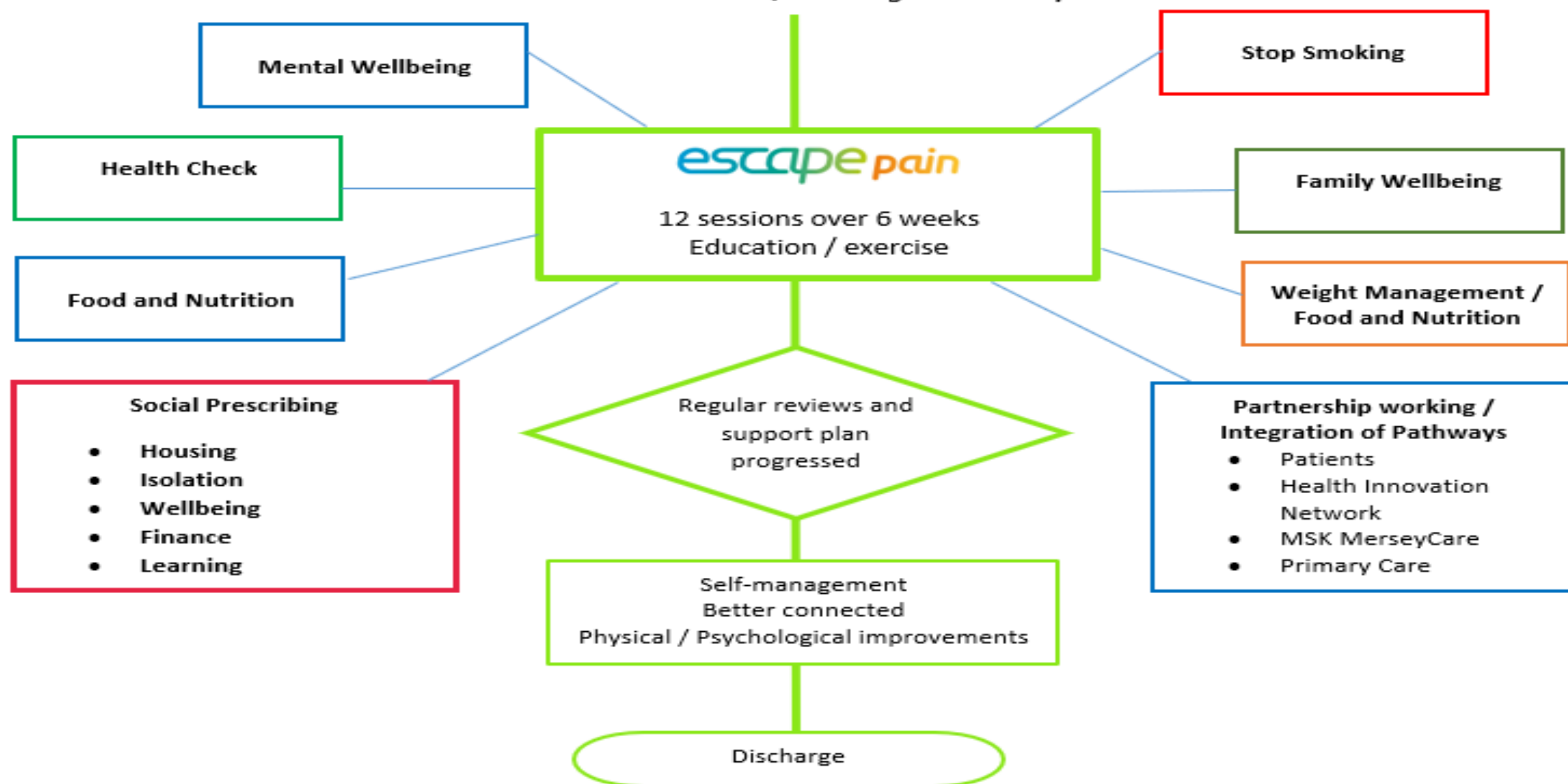


What is social prescribing?

<https://www.youtube.com/watch?v=O9azfXNcqD8>



*Holistic, Inclusive approach,
Think Social Determinants / Tackling Health Inequalities*



Co-Production

**Long term
sustainable
change**

**Pathway
Integration**

Community Escape Pain + Social Prescribing

Integration of Pathways to include:

- Tailored exercise to manage pain
- Education and coping strategies
- Co-production of care pathway
- Support for wider determinants including finances, housing, employment, isolation and learning

Aim to achieve long term sustainable lifestyle change

Client Story

- 48 year old female, previously active
- Struggling with chronic knee and hip pain
- Referral in for Escape pain
- Consultation led to understanding the person and their wider social determinants. These included:
- Unemployment
- Low confidence and self esteem
- Unable to enjoy certain leisure pursuits

All of these factors were linked to pain and interdependent on one another

Following 12months of exercise, education and social prescribing support:

- Pain, Function, Mental Wellbeing and Quality of Life improved
- Maintained exercise plan
- Confidence, self esteem increased
- Returned to part time employment

It has helped give me the confidence in my own abilities, so much so I have a new job. Didn't think I'd be able to do anything again. Anon

Client Experience and feedback

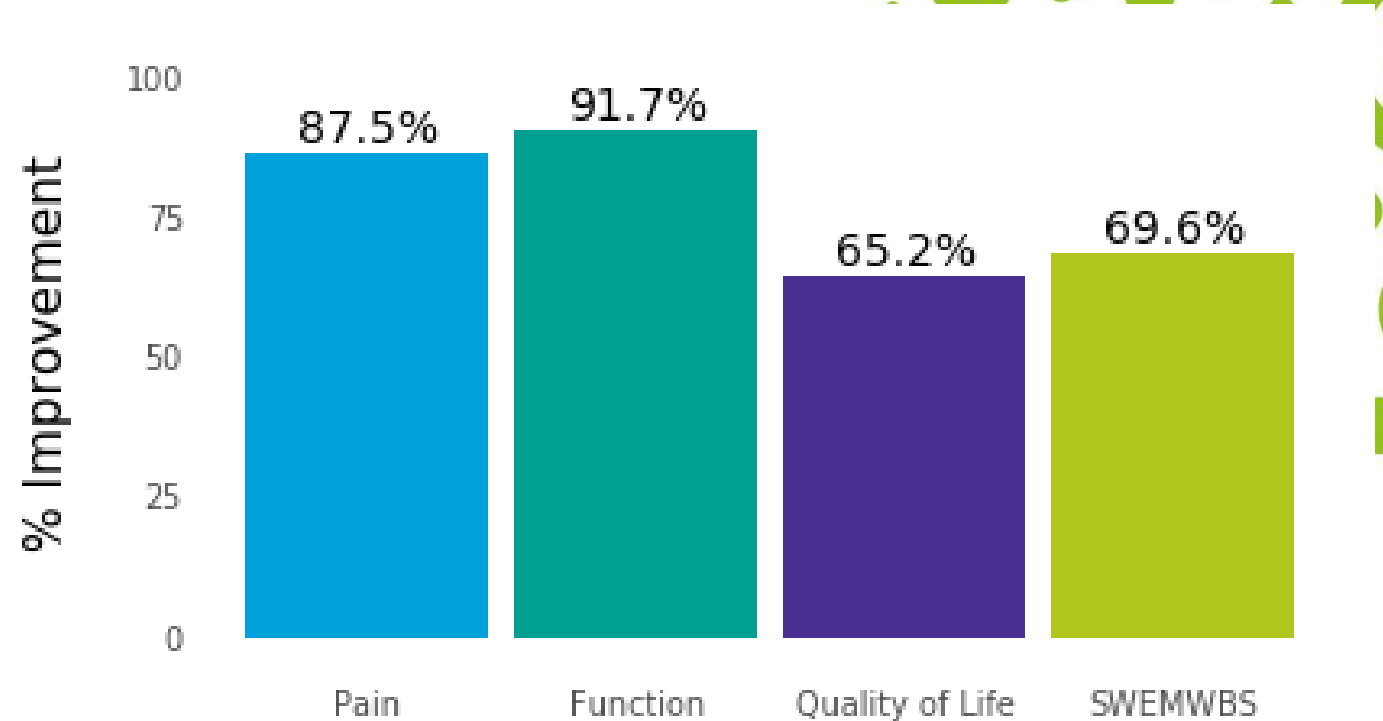
“I had no guidance on what I should be doing regarding my **finances** and what I was **entitled to claiming**. It is because of you I’ve been shown the correct path and now on the **right benefits** that is helping me manage my money better. Can’t thank you enough for what you have done for me”.

“I hate to think where I would be. I honestly don’t know. This has **empowered me, I felt useless**. Then I got a Facebook post gave you a ring. You are where it all started Thank you”

Outcomes

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

- Average retention rate for the year 2018/19 Nationally **76%**
- Locally St Helens gold standard model **94%**



ESCAPE-pain System savings for St Helens (Health Innovation Network)



£43,848

Saved in the health and social care sector over 2.5 years based on the number of completers for your site this past year. (Based on 29 clients)

An economic evaluation on ESCAPE-pain was conducted by Hurley et al (2007) 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 2017 rates. The original paper can be accessed here: <https://escape-pain>

FURTHER TRAINING/INFORMATION

E-learning for healthcare

<https://www.e-lfh.org.uk/programmes/social-prescribing/>

PODCAST – primary care knowledge boost

<https://podcasts.apple.com/gb/podcast/primary-care-knowledge-boost/id1455369089?i=1000479399617>



Thank you for listening
For further information please get
in touch...



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