

# Joint Pain Advice (JPA) helps people understand and manage their knee and/or hip and/or back pain through education and exercise.

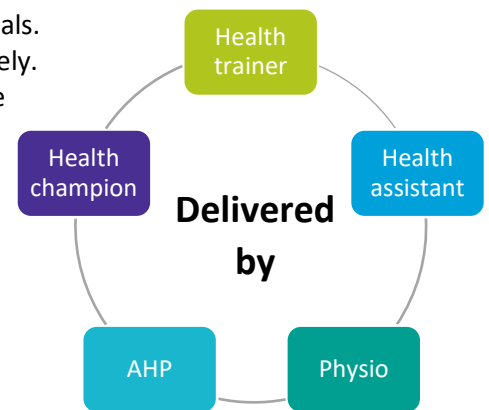
## What happens?

- An initial 30 minute consultation to discuss lifestyle, challenges and personal goals with tailored advice and support based on NICE Guidance
- A jointly developed personalised action plan
- Review at 2-3 weeks (if needed), 6-8 weeks and 6 months to provide on-going tailored support and advice

The aim is to change people's health beliefs and behaviour, teach them how to self-manage to control their symptoms and alter the course of their condition.

## How is the model delivered?

The flexibility of the model means it can be delivered by a variety of professionals. Consultations take place in a quiet, private room where interruptions are unlikely. They can be held in clinical or community settings which are close to where the patients live. Additionally, JPA can be delivered to support employees with joint pain in their workplace.



## Participants are referred into the service in a variety of ways:

- GP patient database
- Self-referral
- GP referral
- Referral from a health check
- Referral from AHP
- Occupational health

## What are the benefits?



Reduction in weight of 2kg



Increase in Physical activity by 2 days a week



21% fewer GP consultations for hip and knee pain



18% reduction in pain for hip and knee pain

"It has given me confidence; I walk daily now and find I am enjoying it."

"(I was struggling with my journey to work and taking sick leave) (I was able to continue working)"

[Results from a study of 498 patients (1,117 total contacts) Average 2.2 appointments per patient]

## Why should we adopt Joint Pain Advice?

Chronic joint pain is the 2<sup>nd</sup> most common reason to visit the GP.

GPs feel overwhelmed by patient numbers, and they don't have time or skills to deliver NICE core recommendations effectively.

Lifestyle advice, especially emphasising increasing physical activity and reducing excess body weight, are core recommendations of all evidence-based international management guidelines to reduce joint pain and have wide physical, psychological and social benefits.

Disease-specific specialist roles within primary care settings for chronic conditions are known to be effective at targeting and improving health outcomes.

Read our NICE Shared Learning Case Study: <https://www.nice.org.uk/sharedlearning/the-joint-pain-advisor-approach-for-knee-and-hip-pain>

Watch our film: <https://vimeo.com/191170670> Visit our website: [www.healthinnovationnetwork.com](http://www.healthinnovationnetwork.com)

Contact: Sally Irwin, Project Manager MSK ([sally.irwin1@nhs.net](mailto:sally.irwin1@nhs.net))