

MSK PATIENT NEWS

NEWS AND INFORMATION
FOR PATIENTS



The local NHS service for patients with joint, muscle and bone problems, rheumatology and pain management. We cover Crowborough, Uckfield, Heathfield, Hailsham, Eastbourne, Lewes, Seaford, Newhaven, Peacehaven and everywhere in between.

Welcome to the first edition of our patient newsletter



A key part of my job as Patient Director for the service is to listen to and act on feedback from patients: you told us you would like a regular update on news, events and how the service is developing – so here it is! As this is the first one, it would be very helpful to find out what you think, so please do get in touch with comments and suggestions for the next issue.

Anne Sabine

Sussex MSK Partnership East has now been running for two years. Since launching in April 2015, the service has:

- Managed 70,000 patient referrals; an average of 3,000 every month
- Opened six community clinics, to bring healthcare closer to you
- Seen around 21,000 patients at our Extended Scope Practitioner clinics and since October 2015 a further 2,100 at our Orthopaedic Consultants' clinics
- Implemented new pathways for the diagnosis and treatment of various musculoskeletal problems
- Established support groups for people affected by ankylosing spondylitis and a training and support programme for people with rheumatoid arthritis

Arthritis Action Group meetings in Eastbourne

Arthritis Action is a charity dedicated to helping people with arthritis enjoy a more active life with less pain, focussing on self-care and lifestyle advice.

The Eastbourne Arthritis Action group holds regular meetings at Community Wise in Old Town, Eastbourne. At a recent one the group learnt more about the services offered by Sussex MSK Partnership East.

Dietician Martin Lau facilitates the local group. He said: "All the people in this group have got arthritis, so it's useful for them to understand the NHS service which is being provided."

The schedule for the next few months is as follows:

- 18 May – Leah Boylan, Groups and Events Officer from Arthritis Action
- 26 June – Matthew Rogers, Managing your symptoms with physical therapy
- 10 August – Shantel Irwin, CEO of Arthritis Action
- 21 September – Jackie Wood, Movement with music

For more information, email info@arthritisaction.org.uk, call 0203 781 7120 or visit www.arthritisaction.org.uk.

Have your say...

Help us to improve our services at regular meetings called Patient Forums. At Sussex MSK Partnership East, we strive to provide high quality, patient-centred services. To achieve this, we engage with our patients on an ongoing basis to listen and learn from their experiences.

Patient Forums run at various locations in East Sussex and each group usually meets twice a year. Topics include exercise, care plans, waiting lists, what patients want from the service and how to improve the website. In March, patients met Simon Thorp, our Clinical Director, to discuss making decisions about elective surgery.

The Patient Forum meetings are a valuable opportunity for you to have your say and your feedback is vital in helping us to improve the patient experience. Each session lasts approximately three hours and lunch is provided.

Derek Barnard, who attended the Crowborough Patient Forum in March, said: "I have nothing but praise for Sussex MSK Partnership East. I was pleased to attend the forum to hear more about the service as it shows that they're listening to patients. I would encourage more people to take these kinds of opportunities to get involved in their healthcare."

To find out more about Patient Forms, please email us at smskpe.east@nhs.net.

Forthcoming Patient Forum meetings:

10 May - Peacehaven

24 May - Seaford

25 July - Lewes

21 August - Uckfield

6 November - Seaford

Patients' comments about the service

Patients are at the heart of everything you do, so your comments about the service are extremely valuable to us. We are very pleased to have received over 200 compliments in the last year.

"First class treatment throughout."

"It was reassuring to be treated with dignity and as an individual and to be given time."

"Professional, knowledgeable physio listened to me and was not dismissive. I have not experienced this in the past."

Tips for a good night's sleep

Good quality sleep is essential to feeling well, but people with chronic pain are more likely to have sleeping problems making it more difficult to manage an illness.



Here are some top tips for a restful night's sleep:

- Have room to move around in bed
- Invest in a good mattress – it should support you but be soft enough to mould to the curve of your body
- Don't have too many pillows
- Get regular exercise
- Wake and go to sleep at the same time every day
- Don't nap after 3pm
- Avoid engaging in stimulating activity prior to bedtime
- No caffeine, nicotine or alcohol before bed
- Get exposure to natural light during the day and keep your bedroom dark at night
- Keep your bedroom a comfortable 16 - 18°C

For more information about sleep and managing pain, visit: www.sussexmskpartnershipeast.co.uk/patient-information/

Patient experience

Keen walker Jane Dubery, was getting pain in her hip which was adversely affecting Jane's sleep and eventually she was unable to walk short distances comfortably. An x-ray showed signs of moderate to severe osteoarthritis.



Her GP recommended a referral to a physiotherapist at SMSKPE. Jane was pleased with the reduced waiting list: "Within two weeks, I had an appointment with an Extended Scope Practitioner (ESP), a specialist physiotherapist, for an assessment." Following limited improvement in symptoms using exercise, her ESP referred her to an Orthopaedic Consultant in October.

Jane opted for a hip replacement, choosing to have the operation at Eastbourne DGH. Following surgery, Jane was home within 48 hours and by six weeks, she was back on the road to long walks.

Jane said: "I really felt in control of what was happening throughout. It was easy to make appointments and I was given a lot of choice and guidance about what would be the best options for me and my lifestyle."

If you would like to get in touch with us please telephone: 0300 300 0003 or email: news@sussexmskeast.com

Write: Sussex MSK Partnership East, PO Box 3196, Eastbourne, BN21 9QH

You can find out more about musculoskeletal health on www.sussexmskpartnershipeast.co.uk