

# 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, Eastbourne, Hailsham, Heathfield, Lewes, Newhaven, Peacehaven, Polegate, Seaford and Uckfield and everywhere in between.

## Welcome to our New Clinical Director

"I am delighted to have joined SMSKPE as Clinical Director. I join SMSKPE with over 13 years' experience working in musculoskeletal (MSK) services, including various specialist MSK physiotherapy roles.

My most recent clinical work has been focused on the assessment and management of spinal problems, working as a spinal clinical specialist, otherwise known as an Extended Scope Practitioner (ESP). I also enjoyed supporting a team of ESP's as their clinical lead and taking responsibility to keep high standards working as clinical quality manager.



An ongoing priority of mine is developing services that demonstrate the highest standards of care. Work that I have led on, to show how our services benefit patients, has been recognised at national healthcare awards and at a European conference.

My time is currently split between my new role and completing a Masters degree in clinical research. I am keen to combine my professional and academic roles over the coming years to further improve the quality of MSK services provided across our region."

Matthew Carr

## Have your say....

Help us to improve our services by coming to our regular patient forums which are held at various towns and villages across East Sussex.

**Next forums in 2018:**  
12th January at Mayfield  
7th February at Peacehaven

More than 300 patients have attended over the past two years and their feedback and ideas have led to changes in our systems which have improved our service for future patients.

Each forum lasts three hours, including a light lunch.

For more details and other dates and venues please visit:

[www.sussexmskpartnershipeast.co.uk/contact-us/patient-group/](http://www.sussexmskpartnershipeast.co.uk/contact-us/patient-group/) This page is updated regularly as more forums are arranged.

Or email: [sussexmskeast.enquiries@nhs.net](mailto:sussexmskeast.enquiries@nhs.net)

The Sussex MSK Partnership is formed of the following organisations:

**Have you been diagnosed with knee or hip osteoarthritis?**

**ESCAPE-Pain**

This successful course has run across the UK for five years and is NICE approved. It is aimed at helping people with mild to moderate osteoarthritis to manage their joint pain in their knees and hips. We have funded training for local physiotherapists and exercise professionals to increase the number of programmes which can be run in our area.

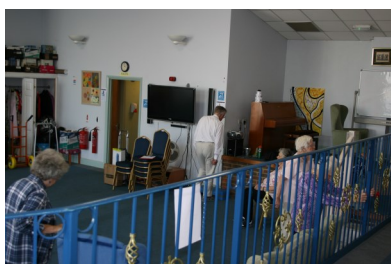
**What can you achieve?**

By the end of this six week course you will be more able to carry out your normal activities, manage your symptoms, be more active and be able to exercise. You will be able to manage flare ups, know how to ‘pace’ and set personal goals.

If you continue the exercises after the end of the course you may be able to stop your symptoms from getting worse.

**What to expect:**

- ◆ Twice weekly attendance.
- ◆ One hour sessions.
- ◆ Tailored exercises for each person.
- ◆ 15-20 minutes’ discussion.
- ◆ Get helpful tips from people with the same condition.
- ◆ Advice on healthy eating.



**How to access ESCAPE-Pain**

If you are interested in this course please contact your GP and ask for a referral to the MSK service where an ESP will assess whether the course is suitable for you.

To see what others say about the programme and for more details please visit:

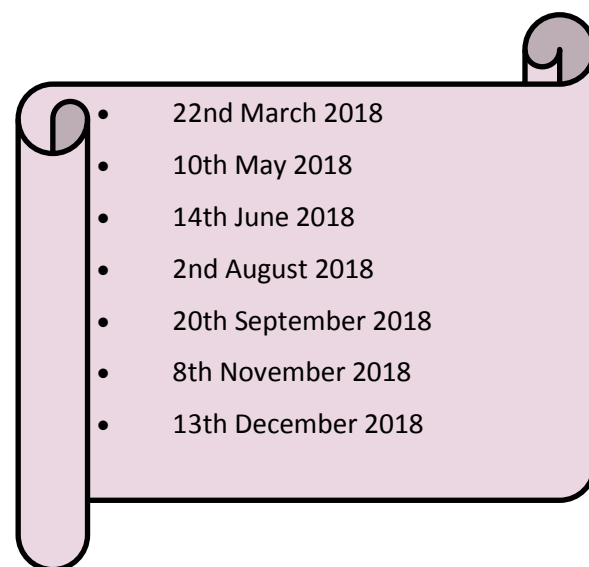
[www.escape-pain.org/about-escape/information-for-patients](http://www.escape-pain.org/about-escape/information-for-patients)

Horde Healthcare also provides a bespoke rehabilitation class aimed at hip and knee osteoarthritis in Crowborough, Seaford and Eastbourne. This course has six sessions and is held over six weeks.

**Arthritis Action**

We work closely with Arthritis Action which currently runs 11 local groups across the UK providing support for people with arthritis. The Eastbourne group holds regular meetings on Thursdays at Community Wise in Old Town. The first meeting in 2018 will be on 1st February, when the guest speaker is Leonie Powles, Extended Scope Physiotherapist from the District General Hospital.

Further meetings are on:-



For more information, email [martin@arthritisaaction.org.uk](mailto:martin@arthritisaaction.org.uk), or call 0203 781 7120 or visit [www.arthritisaaction.org.uk](http://www.arthritisaaction.org.uk)

**DO YOU KNOW?**

Are you over 45 and / or have you been diagnosed with knee osteoarthritis? Are you overweight?



Do you know that if you lose one pound of weight (454g) you take 4 lbs of weight off your knee? Any weight loss will help your knees. How much could you aim for?

If you would like to get in touch with us please telephone: 0300 300 0003 or email [sussexmskeast.enquiries@nhs.net](mailto:sussexmskeast.enquiries@nhs.net). Write: Sussex MSK Partnership East, PO Box 3196, Eastbourne, BN21 9QH You can find out more about MSK conditions on: [www.sussexmskpartnershipeast.co.uk/patients](http://www.sussexmskpartnershipeast.co.uk/patients)